

# SAVORY ROASTED CHICKEN

Bring wow to the weeknight with a flavorful platter full of quick-fix chicken roasted up right with savory seasonings.



## INGREDIENTS

- 4 boneless, skinless chicken breasts trimmed of fat
- 2 tablespoons olive oil
- 2 teaspoons salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon seasoning blend (Dash™)
- Fresh lemon, fresh herbs (parsley, dill, oregano)

**MAKES 4 SERVINGS**

## DIRECTIONS

1. Preheat oven to 425° F. Place chicken in a large bowl and sprinkle with 1 tablespoon olive oil and seasonings, massage into chicken.
2. Add remaining 1 tablespoon olive oil to a large oven-safe skillet and warm to medium-high heat on burner. Then add chicken and brown on each side for 2-3 minutes.
3. Bake uncovered for 15-18 minutes or until internal temperature reaches 165° F.
4. Transfer to a platter and let rest for 5-10 minutes.
5. Slice chicken and dress with fresh lemon juice and herbs. Serve warm.





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