

Spicy Rubbed Chicken (Protein)



Ingredients:

- 2 boneless, skinless chicken breasts
- 1 t cumin
- 1/4 t paprika
- 1/2 t garlic powder
- 1/4 t salt
- 2 T olive or canola oil

Directions:

1. Combine all spices.
2. Place chicken between two pieces of plastic wrap. Pound the chicken to 1/2 inch thickness with a mallet or other flat, hard object. Rub the spices over the chicken.
3. Heat the oil in a large skillet over medium heat. Cook the chicken four minutes per side or until heated to 165° F.

Makes 4 servings.



This message brought to you by
Tarrant County Public Health
<http://health.tarrantcounty.com>

