

Name _____

Golden Baked Chicken Breasts

Short Answer Key

1. It's important to pat the chicken breasts dry before seasoning to remove excess moisture, which allows the spices to adhere better to the chicken.
2. If the internal temperature of the chicken is below 165°F (74°C) after 30 minutes of baking, you should return it to the oven and continue checking the temperature in 5-minute intervals until it reaches the safe temperature.
3. Letting the chicken breasts rest for 5 minutes allows the juices to redistribute within the meat, ensuring a juicier and more tender final dish.
4. Dried rosemary is one optional ingredient that can be added to the spice mixture for extra flavor.
5. Greasing the baking dish helps prevent the chicken breasts from sticking to the dish during baking and makes it easier to remove them without leaving bits behind.

