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Golden Baked Chicken Breasts

Ingredients:

4 boneless, skinless chicken breasts

2 tablespoons olive oil

1 teaspoon salt

1/2 teaspoon black pepper

1/2 teaspoon paprika

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon dried thyme

1/2 teaspoon dried rosemary
(optional)

1/4 teaspoon dried oregano

1/4 teaspoon dried basil

1/4 teaspoon dried parsley

Cooking spray or additional olive oil
for greasing

Equipment:

Baking dish

Mixing bowl

Measuring spoons

Aluminum foil

Step-by-Step Directions:

1. Preheat the Oven

Preheat your oven to 375°F (190°C). This will ensure it's hot and ready when you're done preparing the chicken.

2. Prepare the Chicken

Pat the chicken breasts dry with paper towels to remove excess moisture.

In a mixing bowl, combine the salt, black pepper, paprika, garlic powder, onion powder, thyme, rosemary (if using), oregano, basil, and parsley.



3. Season the Chicken

Drizzle the olive oil over the chicken breasts and rub it evenly on both sides.

Sprinkle the spice mixture over the chicken breasts, coating them thoroughly with the seasoning.

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4. Grease the Baking Dish

Lightly grease a baking dish with cooking spray or a little more olive oil.

5. Bake the Chicken

Place the seasoned chicken breasts in the greased baking dish.

Cover the dish with aluminum foil to keep the chicken moist during baking.

Bake in the preheated oven for about 25-30 minutes.

6. Check for Doneness

After 25-30 minutes, remove the foil and check the internal temperature of the chicken with a meat thermometer. It should read 165°F (74°C).

7. Let It Rest

Once the chicken reaches the desired temperature, remove it from the oven.

Let the chicken breasts rest for 5 minutes before serving. This allows the juices to redistribute, keeping the chicken juicy and tender.



8. Serve Your Golden Baked Chicken

Plate your perfectly baked chicken breasts and enjoy!

Cooking Time and Temperature:

- Cooking time: Approximately 25-30 minutes.
- Cooking temperature: 375°F (190°C).