

Easiest Baked Chicken Breast

Servings: 4

Prep time: 10 minutes

Cook time: 20 - 25 minutes

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 2 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

Step 1

Preheat oven: Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

Step 2

Prepare chicken: Pat chicken breasts dry with paper towels.

Step 3

Season chicken: In a small bowl, combine olive oil, smoked paprika, salt, and pepper. Rub the mixture evenly over both sides of each chicken breast.

Step 4

Roast: Place chicken breasts on the prepared baking sheet. Roast for 20-25 minutes, or until internal temperature reaches 165°F on an instant-read thermometer.

Step 5

Rest: Let the chicken rest for 5 minutes before slicing and serving.

Tips and Variations

- **For extra flavor:** Add 1/4 teaspoon garlic powder and 1/4 teaspoon onion powder to the seasoning mixture.
- **Spice it up:** Add a pinch of red pepper flakes to the seasoning for some heat.
- **Lemon-Herb:** Add the zest of one lemon and a sprig of fresh thyme to the baking sheet while roasting.
- **Make it a meal:** Serve with roasted vegetables, a side salad, or your favorite grain.