

Roasted Chicken Breasts

Prep Time Servings

5 min 4



Ingredients

nonstick cooking spray	1	chicken breasts (4-ounces each, skinless, boneless)	4
salt (optional)	1 tsp	black pepper	1/2 tsp
olive oil	1 tbsp	lemon juice	1/4 cup
garlic (minced)	2 tbsp	paprika	1 1/2 tsp

Directions

- 1 Preheat oven to 350 degrees. Coat a baking sheet with cooking spray.
- 2 Place the chicken breasts on the baking sheet.
- 3 In a small bowl, combine salt, pepper, olive oil, lemon juice and garlic and whisk until combined.
- 4 Brush on or pour lemon juice mixture over each chicken breast, coating evenly.
- 5 Sprinkle each chicken breast evenly with paprika and bake in oven for 35 minutes or until the chicken is cooked to an internal temperature of 165 degrees F.
- 6 Let the chicken breasts rest, covered with foil for 10-15 minutes before slicing or serving.