

# Blackened Chicken

Makes 4 servings

| Ingredient                                 | US         | Non-US |
|--------------------------------------------|------------|--------|
| paprika                                    | 1 teaspoon |        |
| salt                                       | ¼ teaspoon |        |
| cayenne pepper                             | ½ teaspoon |        |
| ground cumin                               | ½ teaspoon |        |
| dried thyme                                | ½ teaspoon |        |
| ground white pepper                        | ¼ teaspoon |        |
| onion powder                               | ¼ teaspoon |        |
| 4 skinless, boneless chicken breast halves |            |        |

## Cooking Instructions:

1. Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with foil and lightly grease the foil.
2. Heat a cast iron skillet over high heat for 5 minutes until it is smoking hot.
3. Mix together all the herbs and spices in a bowl. Oil the chicken breasts with cooking spray on both sides, then coat the chicken breasts evenly with the spice mixture.
4. Place the chicken in the hot pan and cook for 1 minute. Turn and cook 1 minute on other side. Place the breasts on the prepared baking sheet.
5. Bake in the preheated oven until no longer pink in the center and the juices run clear (about 5 minutes).