

Roasted Chicken Breasts

Chicken Breasts with skin and bone

Olive Oil

Garlic Powder

Onion Powder

Kosher Salt

Italian Seasoning

1. Preheat oven to 450°F.
2. Place chicken (bone down/skin up) in a baking pan and coat well with enough olive oil.
3. Liberally sprinkle each of the remaining ingredients over the chicken.
4. Bake for 1 hour.



I did this recipe a little different because it's hard to use too many. So don't be afraid of using too much. Also, you can do as many chicken breasts as you want. If you start overlapping the breasts you might have to leave them in just a little longer. After the hour check the center by cutting into it and making sure there is no pink inside.

When I bake in my oven I have two baking stones that I put on the top shelf and the bottom shelf so I get a more even bake. At the very high temperature, the chicken will come out extremely moist with a whole lot of flavor. You can use other spices such as tarragon with a half a lemon squeezed over each breast or some cumin and oregano with some lime.

You can serve the chicken with mashed potatoes, gravy (made from the drippings) and then some vegetables on Sunday night dinner and then use the leftovers to make a tasty soup. Just remove the meat (set a side) from the skin and bones and place in a stockpot with some sautéed carrots, celery, onions, spices and water. Simmer until you get all of the flavor out of the skin and bones (about an hour), add the meat back in after chopping or shredding and add some pasta. Yum! I like to have several roasted chicken breasts on hand so I can make a meal any time including eggs in the morning or a salad at lunch.

Be creative, have fun and enjoy!!!