



# HEALTHY RECIPES

Recipe for: SPICY CHICKEN BREASTS

Ingredients:

2 ½ Tbsp. Paprika                      2 Tbsp. Garlic Powder

1 Tbsp. Salt                              1 Tbsp. Onion Powder

1 Tbsp. thyme                          1 Tbsp. Ground cayenne pepper

1 Tbsp. Black pepper                4 Skinless, boneless chicken breast halves

Directions:

1. In a medium bowl, mix together the paprika, garlic powder, salt, onion powder, thyme, Cayenne pepper and ground black pepper. Set aside about 3 tablespoons of this seasoning mixture for the chicken, store the remainder in an airtight container for later use (for seasoning fish, meats, or vegetables).

2. Preheat grill for medium-high heat. Rub some of the reserved 3 tablespoons of seasoning onto both sides of the chicken breasts.

3. Lightly oil the grill grate. Place chicken on the grill, and cook for 6 to 8 minutes on each side, until Juices run clear.

Submitted by: Cindy Turbeville – Code Enforcement