



Oven Baked Chicken Breast Recipe Guide

Introduction

If you're looking for a simple yet delicious oven-baked chicken breast recipe, this is the one for you. It's quick to prepare and results in juicy, flavorful chicken that pairs well with a variety of sides. Whether you are cooking for yourself or for a family dinner, this recipe is sure to impress.

Detailed Ingredients with Measures

- Chicken Breasts: 2 boneless, skinless pieces - Olive Oil: 1 tablespoon - Garlic Powder: 1 teaspoon - Paprika: 1 teaspoon - Dried Thyme: 1

teaspoon – Salt and Pepper: to taste – Fresh Lemon Juice: optional – Fresh Parsley: for garnish (optional)

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cook Time: 20 to 30 minutes Total Time: 30 to 40 minutes Yield: 2 servings

Instructions

1. Preheat the Oven: Preheat your oven to 400°F (200°C).
2. Prepare the Chicken: Pat the chicken breasts dry with a paper towel. Drizzle with olive oil and rub to coat evenly.
3. Season the Chicken: In a small bowl, mix garlic powder, paprika, dried thyme, salt, and pepper. Sprinkle the seasoning evenly over both sides of the chicken breasts. Optionally, squeeze fresh lemon juice over the top.
4. Bake the Chicken: Place the seasoned chicken breasts on a baking sheet lined with parchment paper or foil. Bake in the preheated oven for 20 to 30 minutes, depending on the size and thickness of your chicken breasts. The chicken is done when the internal temperature reaches 165°F (75°C) when checked with a meat thermometer.
5. Rest the Chicken: Once cooked, remove the chicken from the oven and let it rest for 5 minutes before slicing.
6. Serve and Enjoy: Slice the chicken against the grain and serve with your favorite sides. Garnish with fresh parsley if desired.

See also Tiramisu Martini

This delicious recipe offers a great way to prepare chicken quickly, making it a fantastic go-to for busy weeks or leisurely weekends. Enjoy your meal!

Detailed Directions and Instructions

Preheat the Oven

Preheat your oven to 400°F (200°C).

Prepare the Chicken

Pat the chicken breasts dry with a paper towel. Drizzle with olive oil and rub to coat evenly.

Season the Chicken

In a small bowl, mix garlic powder, paprika, dried thyme, salt, and pepper. Sprinkle the seasoning evenly over both sides of the chicken breasts. Optionally, squeeze fresh lemon juice over the top.

Bake the Chicken

Place the seasoned chicken breasts on a baking sheet lined with parchment paper or foil. Bake in the preheated oven for 20 to 30 minutes, depending on the size and thickness of your chicken breasts. The chicken is done when the internal temperature reaches 165°F (75°C) when checked with a meat thermometer.

Rest the Chicken

Once cooked, remove the chicken from the oven and let it rest for 5 minutes before slicing.

Serve and Enjoy

Slice the chicken against the grain and serve with your favorite sides. Garnish with fresh parsley if desired.

Notes

Chicken Thickness

Cooking times may vary based on the thickness of your chicken breasts. Thicker breasts may require a few additional minutes.

Storage

Leftover cooked chicken can be stored in an airtight container in the refrigerator for up to 3 days.

Variations

Feel free to experiment with different seasonings or add marinades for additional flavor.

Internal Temperature

It's important to use a meat thermometer to ensure the chicken is fully cooked to avoid foodborne illness.

See also [Swirled Pumpkin Cheesecake](#)

Cook Techniques

Oven Preheating

Preheating the oven ensures that the chicken cooks evenly and thoroughly. It is essential for achieving the right texture and doneness.

Patting Dry

Patting the chicken breasts dry before adding oil and seasoning helps the skin get crispy and allows the spices to adhere better.

Seasoning Evenly

Evenly distributing the seasoning mixture over the chicken ensures that each bite has balanced flavors. Rub the spices in for better absorption.

Baking

Baking at the correct temperature is crucial for cooking the chicken through without drying it out. Use a meat thermometer to check for doneness.

Resting the Chicken

Allowing the chicken to rest after baking enables the juices to redistribute, ensuring a moist and tender result when sliced.

FAQ

How long should I bake chicken breasts?

Typically, chicken breasts should be baked for 20 to 30 minutes at 400°F (200°C), depending on their size and thickness.

How can I tell if chicken is cooked through?

Chicken is cooked when it reaches an internal temperature of 165°F (75°C) when checked with a meat thermometer.

Can I use different seasonings?

Yes! Feel free to experiment with your favorite spices and herbs to customize the flavor of the chicken.

What should I serve with oven-baked chicken?

Oven-baked chicken pairs well with a variety of sides, such as steamed vegetables, rice, or a fresh salad.

Is it necessary to let the chicken rest after baking?

Yes, resting the chicken allows the juices to settle, making it more tender and flavorful when sliced.

Conclusion

The oven-baked chicken breast is a simple yet delicious dish that can enhance any meal. With the ease of preparation and the ability to customize seasonings, this recipe provides a versatile base for various culinary combinations. Enjoy the juicy, flavorful chicken paired with your favorite sides for a satisfying dining experience.

See also Lemon Bars

More recipes suggestions and combination

Herb-Crusted Chicken Breasts

Use a mix of fresh herbs such as rosemary, basil, and oregano in place of the dried thyme for a fresh flavor profile.

Lemon Garlic Chicken

Add lemon zest along with the lemon juice for a brighter flavor, and consider incorporating chopped garlic cloves for an extra kick.

Barbecue Chicken Breasts

Instead of the seasoning mix, slather the chicken with your favorite barbecue sauce during the last 10 minutes of baking for a sweet and tangy dish.

Italian Chicken Bake

Top the seasoned chicken with marinara sauce and mozzarella cheese, baking until the cheese is melted for a delicious Italian-inspired meal.

Stuffed Chicken Breasts

Create a pocket in the chicken breasts and fill it with spinach, feta cheese, and sun-dried tomatoes before seasoning and baking for a hearty option.

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