

Juicy Baked Chicken Breast

6 SERVINGS 35 MINUTES



INGREDIENTS

1 lb Chicken Breast (boneless, skinless)
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	110	Iron	0mg
Fat	4g	Vitamin D	1IU
Carbs	0g	Folate	7µg
Fiber	0g	Magnesium	21mg
Protein	17g	Zinc	1mg
Vitamin C	0mg		

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking dish with parchment paper.
- 02 Place chicken breasts in the prepared baking dish. Drizzle with oil and season with salt. Rub the salt and oil over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through.
- 03 Remove the chicken from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.
- 04 Carefully remove the foil and slice the chicken before serving. Enjoy!

NOTES

RECIPE ID 108

SCD

Only use SCD compatible seasonings, otherwise leave out.

LEFTOVERS

Keeps well in the fridge up to 3 days.

MEAT THERMOMETER

If using a meat thermometer, the internal temperature of the chicken should be 165°F when cooked through.