

SPICED SHREDDED CHICKEN



SERVING SIZE

4



INGREDIENTS

ITEM

Chicken Breast
Paprika
Oregano
Onion Powder
Garlic Powder

QUANTITY

16 Oz.
2 Tbsp.
1 Tbsp.
1 Tsp.
1 Tsp.

ITEM

Salt
Black Pepper
Cayenne Pepper
Olive Oil

QUANTITY

1 Tsp.
1 Tsp.
¼ Tsp.
¼ Cup



PREPARATION

- Preheat oven to 375°F (191°C). Line a baking dish with parchment paper or lightly oil it.
- In a small bowl, mix paprika, oregano, onion powder, garlic powder, salt, pepper, and cayenne.
- Rub chicken breasts with olive oil, then coat evenly with the spice mixture.
- Place chicken breasts in the baking dish and bake for 25-30 minutes, or until cooked through.
- Remove chicken from the oven and let rest for 5 minutes.
- Using two forks, shred the chicken into thin strips.
- Toss shredded chicken in the juices from the baking dish for extra flavor.
- Serve warm. Enjoy!