

PREP TIME: 5 MIN.



Herb Roasted Chicken

ingredients

4 Chicken Breasts

1 ½ tbsp Herbs de Provence spice mix *

1 tbsp Olive Oil

1 tsp Salt

1/2 tsp Pepper

*Herbs de Provence

- 2 tbsp Rosemary (dried)
- 2 tbsp Thyme (dried)
- 2 tbsp Basil (dried)
- 2 tbsp Lavender Flowers (dried)
- 2 tbsp Parsley (dried)
- 1 tbsp Fennel Seed (dried)
- 1 tbsp Oregano (dried)
- 1 tbsp Tarragon (dried)

directions

- 1. Preheat oven to 400°F.
- On baking sheet, toss chicken with oil and spices.
- 3. Bake for 20-30 minutes or until chicken reaches 165°F.
- 4. Let chicken rest for 10 minutes, then slice to top the salad if desired.
- 5. Season with salt and pepper, as desired.

