

How to Bake Chicken Breast



Seasonings

There are a lot of different seasonings that go very well with chicken. Some of the best seasonings to pair with chicken are:

- Basil
- Garlic
- Ginger
- Lemon
- Parsley
- Rosemary
- Tarragon
- Thyme
- Sage
- Cayenne pepper
- Paprika

Don't Dry It Out!

Chicken breast is very easy to dry out if you are not careful.

There are three methods you can use to keep your chicken from drying out.

1. Brush the chicken breast with a thin coat of olive oil or canola oil.
2. When using a dry rub, add a little water or chicken stock to the baking dish. The liquid should just cover the bottom of the dish.
3. When using a marinade, you can pour the extra marinade into the dish to work as a liquid.

Baking

* Preheat the oven before putting your chicken in to bake. If the oven is not at the right temperature your chicken will not finish baking in the time-frame.

* Bake chicken breast at 400° F for 18 minutes.

* When the chicken is finished cooking :

- The meat will be white
- The juices will be clear
- A thermometer will read 165° F.

Making a Marinade

When you make a marinade you need 3 basic components: oil, seasoning, and acid. The acid helps to make your meat tender.

Lemon juice, tomato juice, vinegar, and wine are common choices for the acid.