



Moroccan Chicken

Directions:

1. Combine the four spices with the olive oil.
2. Rub chicken breasts with the spice blend.
3. Optional: Sear in skillet with 1 tablespoon olive oil over medium high heat before baking.
4. Bake chicken at 350F for 25-30 minutes, or until internal temperature reaches 165F.

Nutrition Facts: 8oz: 189 cal, 6g fat, 30g pro, 2g CHO, 188mg Na+, 1g fiber

Ingredients:

- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon dried ginger
- 1/2 teaspoon cinnamon
- 2 Tablespoons olive oil
- 4 boneless, skinless chicken breasts

Yield: 4 servings

Time: 35 minutes