

## **Roasted Chicken Breasts**

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 35-40 minutes

Serves: 4

**CChints:** Roasted chicken is good as a main dish or as a way to cook chicken breasts and use the meat for other recipes like casseroles or salads where you need precooked chicken. You want to roast the chicken with the skin on to keep the meat moist. After it has cooked you can enjoy it with or without the skin.



4 chicken breasts, bone-in and the skin on  
2-1/2 teaspoons butter, softened  
1 glove minced garlic  
2 teaspoons olive oil  
1 teaspoons Kosher salt  
Dash of black pepper  
1 teaspoons Italian Seasoning

Preheat oven to 350 degrees F and locate a baking sheet with turned up edges to catch the juices. Line the pan with foil for easy clean up.

Rinse the chicken, cut off any excess fat or skin and pat them dry. Divide the butter and garlic into 4 parts. On the larger end of each breast, gently lift the skin and with two fingers, push one piece of the butter under the skin along with the garlic and rub it around. Lay the skin back down and place the chicken on the foiled pan. Do this with each piece of chicken.

Rub the outer skin with the olive oil and wash your hands. Sprinkle each piece with salt and pepper. Crush the dry Italian season between your fingers as you sprinkle it over the skin. Crushing a dry herb will start help it start to release its flavor.

Put in the oven and roast for 35 – 40 minutes. The cooking time depends on the size of the breasts. Cook until the juices run clear when you cut into one of the pieces. During this time, wash everything that came in contact with the raw chicken. At the end, carefully pull the pan out of the oven and let sit for 2 minutes.

Use as a.....

Main Dish: If you are serving as a main dish, transfer the chicken to a serving plate.

Or other: Allow the chicken to cool so you can handle it. Remove the skin and discard it.

Remove the chicken from the bone and cut up into pieces that are appropriate for the recipe you are going to make; slices, chopped or diced pieces.