



SPICE-RUBBED CHICKEN

Basic Lifestyle

INGREDIENTS

1 TSP kosher salt
2 TSP Hungarian sweet paprika
2 TSP ground cumin
1 TSP dark brown sugar
½ TSP Spanish smoked paprika
¼ TSP ground red pepper
¼ TSP celery seeds
4 (6-ounce) skinless, boneless chicken breast halves
2 TBS olive oil
3 garlic cloves, minced
Cooking spray

INSTRUCTIONS

- Combine first 7 ingredients.
- Brush both sides of chicken evenly with oil; rub with garlic.
- Sprinkle spice mixture evenly over chicken; coat with cooking spray.
- Heat a grill pan over medium-high heat. Coat pan with cooking spray.
- Add chicken to pan, and grill for 5 minutes on each side or until done.

SERVING INFO: (Yields 4 servings)

1 breast half = 1 P

See recipe photo at [Instagram](#) and [Facebook](#).