

## RECIPE

# Skillet Chicken Breast

Makes: 2 Servings  
Prep Time: 5 minutes  
Cook Time: 20 minutes

Source: recipe modified from FoodHero.org

## Ingredients

- 1 chicken breast, about 1-inch thick
- 1 Tablespoon vegetable oil
- seasoning (such as salt, pepper, seasoning salt, onion powder or garlic powder)

## Directions

1. Wash hands with soap and water.
2. Season the chicken. In a lightly oiled skillet over medium-high heat, sauté the chicken for one minute on each side until lightly browned.
3. Cover the skillet with a tight-fitting lid. Reduce the heat to low. Cook for 10 minutes. Do not lift the lid.
4. Turn off the heat. Let the chicken rest for 10 minutes. Do not remove the lid.
5. The chicken is safely cooked when the internal temperature is at least 165 degrees F. Check in the thickest part with a food thermometer. If not done, cover and return to low heat for 3 to 5 minutes and check for doneness.
6. Refrigerate leftovers within 2 hours or freeze for longer storage.



## Small Changes, BIG Difference!



## Nutrition Information

Serving Size: 1/2 chicken breast

Nutrients	Amount
Calories:	130
Total Fat:	9 g
Saturated Fat:	1 g
Cholesterol:	35 mg
Sodium:	30 mg
Total Carbohydrates:	0 g
Dietary Fiber:	0 g
Total Sugars:	0 g
Protein	13 g

## Utensils Needed

- Small pan with lid
- Spatula or tong
- Meat thermometer