



# GRILLED CHICKEN

## Entrees, Meats

Stove Temp: Medium Heat

Prep Time: \_\_\_\_\_ Cook Time: 10 minutes Total Time: 15 minutes

- |                                  |                          |
|----------------------------------|--------------------------|
| Ingredients: _____               | Skillet with a tight lid |
| Chicken Breast (frozen or fresh) | Tongs or spatula         |
| Olive Oil                        | _____                    |
| Salt                             | _____                    |
| Pepper                           | _____                    |
| Rosemary                         | _____                    |
| Other seasoning to taste         | _____                    |
| _____                            | _____                    |

Directions: Drizzle your skillet with olive oil.  
Set the chicken on the oil, drizzle oil on the chicken, season to taste.  
Set lid and make sure it has a good seal with the skillet.  
Turn stove on to medium heat. Resist the urge to lift the lid before the chicken is  
mostly cooked.  
Flip the chicken. Chicken is finished cooking when the inside is no longer pink or 160°.

