



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°.

