

Ashley's Meal Prep Monday!

Oven Baked Chicken Bites



INGREDIENTS

- 1 lb boneless skinless chicken breasts, cut into 1-inch pieces
- 1 TBSP olive oil
- 2 TBSP unsalted butter
- 1/2 TSP paprika
- pinch of cayenne pepper
- 1/2 TSP garlic powder
- 1/2 TSP onion powder
- 1 TSP Italian seasoning
- Parsley - Salt and pepper, to taste

Preheat oven to 425. In a small bowl, stir together paprika, cayenne pepper, garlic powder, onion powder, Italian seasoning, salt/pepper

Place chicken in a 9x13 inch baking dish and sprinkle with seasoning mix. Drizzle oil on top and toss to coat. Place butter on top of chicken in small dollops and bake until chicken is cooked through. 18-20 minutes -stirring chicken halfway through



Remove from oven, sprinkle parsley on top and let sit for 5 minutes. Serve over rice and enjoy!

