



Ashley's Meal Prep Monday!



Baked Chicken Breasts

INGREDIENTS

5 boneless skinless chicken breasts

Kosher salt

1 TSP garlic powder

1 TSP dried parsley

1/2 TSP paprika

1 TBSP vegan mayo

1/3 cup breadcrumbs of your choosing

Optional: 2 TBSP shredded parmesan cheese - and lemon wedges for serving

Pound the thicker end of the chicken to make both sides leveled so they cook evenly. Fill a large bowl with 6 cups of water and add 1/4 cup kosher salt - stir to dissolve (If using table salt, use half)

Add chicken breasts to the water and let them sit refrigerated at least 1 hour to brine. Remove from water, pat dry with paper towels, and discard water.

Preheat oven to 425 and spray a 9x12 baking dish with oil. In a small bowl, combine 3/4 TSP salt with remaining spices. Rub the spice mix over the chicken and transfer to baking dish.

Spread the mayo evenly over the top of each chicken breast, then sprinkle with breadcrumbs (and cheese) - spray the top with a little oil.

Bake for 24-27 minutes.

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MARKET



Recipe: skinnytaste.com

