

## Baked Cajun Chicken Breasts

### Ingredients

- 1 teaspoon salt
- ½ teaspoon cayenne pepper
- ¼ teaspoon crushed red peppers
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon pepper
- ½ teaspoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 3 large chicken breasts or 6 small chicken breasts



### Instructions

Preheat oven to 200 degrees C. Grease a baking sheet or dish. Set aside.

Mix together the salt, cayenne pepper, crushed red peppers, garlic powder, paprika, pepper, onion powder, dried oregano, and dried thyme in a small bowl.

Rub the spice mix onto the chicken breasts.

Bake for 18 minutes. Remove the chicken breasts from the oven and cover with aluminum foil and bake for another 5 minutes.

Slice and eat in a wrap with salad.