

## Blackened Dijon Chicken



### Ingredients:

- 1 ½ lbs. boneless, skinless chicken breasts
- ¼ cup Dijon mustard
- 3 tbs. blackened seasoning (see recipe below)

### Directions:

For blackened seasoning:

- 1 ½ tbs. paprika
- 1 tbs. garlic powder
- 1 tbs. onion powder
- 1 tbs. thyme
- 1 tsp. cayenne pepper
- 1 tsp. basil
- 1 tsp. basil
- 1 tsp. cumin
- 1 tsp. celery salt
- ½ tsp. oregano

Combine all spices and store in an air-tight container

For Blackened chicken

1. Preheat oven to 400
2. Coat each chicken breast liberally on both sides with blackened seasoning.
3. Brush each side with Dijon mustard
4. In a large, oiled skillet over medium-high heat, sear the chicken for 3 minutes on each side. Remove chicken from pan and place on a baking sheet.
5. Bake for 20 minutes

**Prep Time: 10 minutes**

**Cook Time: 30 minutes**

**Makes 4 servings**

Calories: 220

Protein: 38 g

Carbs: 1 net g

Fat: 3 g