



Baked Chicken Breasts with Sautéed Broccoli Rabe



CHICKEN INGREDIENTS

Yield: 4 servings

- 4 boneless, skinless chicken breasts
- 2 tablespoons Extra Virgin Olive Oil
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon chili powder

CHICKEN DIRECTIONS

1. Preheat oven to 450 degrees. Pound chicken breasts lightly so they are of even thickness.
2. Pour olive oil in a 13" x 9" baking dish. Lightly dredge the chicken through to coat it, then place chicken breasts side by side in the dish.
3. In a small bowl, whisk together salt, pepper, garlic powder, onion powder, and chili powder. Sprinkle the seasoning mixture over both sides of the chicken and rub it in with your hands. Place chicken breasts side by side, making sure there is no overlap.
4. Bake in a preheated oven for 15-20 minutes, until juices are clear or a meat thermometer reads 160-170 degrees. *Note - depending on the size of your chicken breasts, it could take longer. Mine were pounded to less than an inch thick.
5. Cover with foil and allow to rest for 5-10 minutes while the juices settle before slicing.
6. Serve hot.



Baked Chicken Breasts with Sautéed Broccoli Rabe



BROCCOLI RABE INGREDIENTS

- 1 bunch broccoli rabe
- 1 tablespoon extra-virgin olive oil, more for drizzling
- 2 garlic cloves, sliced
- ¼ teaspoon red pepper flakes
- Sea salt and freshly ground black pepper
Lemon wedge, for squeezing

BROCCOLI RABE DIRECTIONS

Trim ½ inch off the ends of the broccoli rabe. Prepare a large pot of salted boiling water and a large bowl of ice water. Drop the broccoli rabe into the boiling water and blanch for 2 minutes. Remove and immerse in the ice water long enough to cool, about 15 seconds. Drain and place on paper towels to dry.

Heat the oil in a large skillet over medium heat. Stir in the garlic and cook for 30 seconds, then stir in the red pepper flakes. Add the broccoli rabe and sauté, shaking the pan and gently tossing so that it cooks evenly, until tender, especially the stems, for 3 to 5 minutes. Remove from the pan and drain off any excess liquid. Season with salt and pepper to taste, and serve as a side dish with a squeeze of lemon