

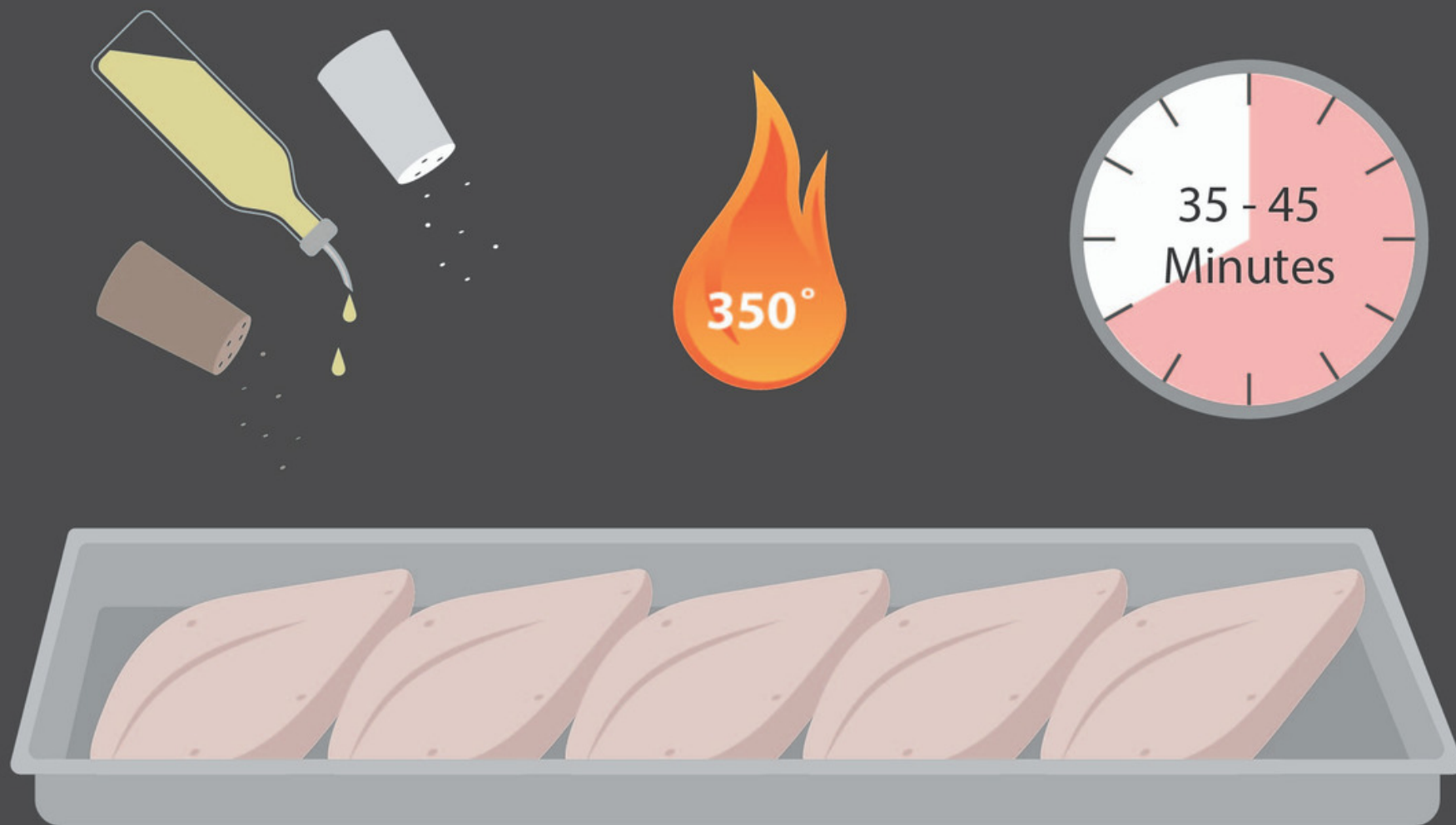
4 WAYS TO COOK CHICKEN

ROASTING

Drizzle the chicken breasts with olive oil and season them with salt and pepper. Coat evenly.

Roast the chicken at 350 degrees F for 35 to 45 minutes. The inside should be 165 degrees F.

Let the chicken breasts rest for 30 minutes.

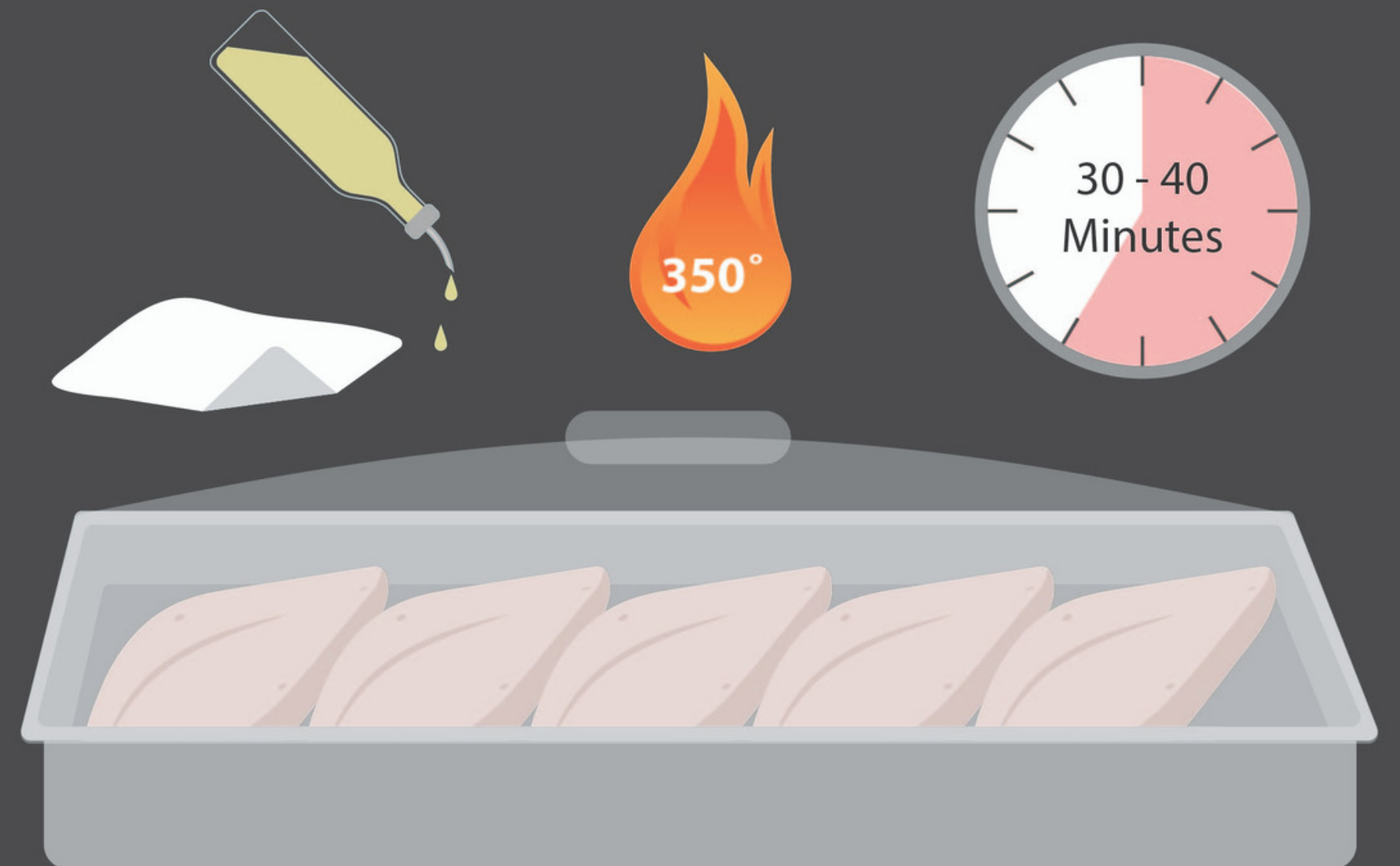


BAKING

Pat the chicken dry with a paper towel. Rub the chicken with a bit of olive oil.

Preheat the oven to 350 degrees F.

Place the chicken in a covered baking dish and bake for 30-40 minutes.

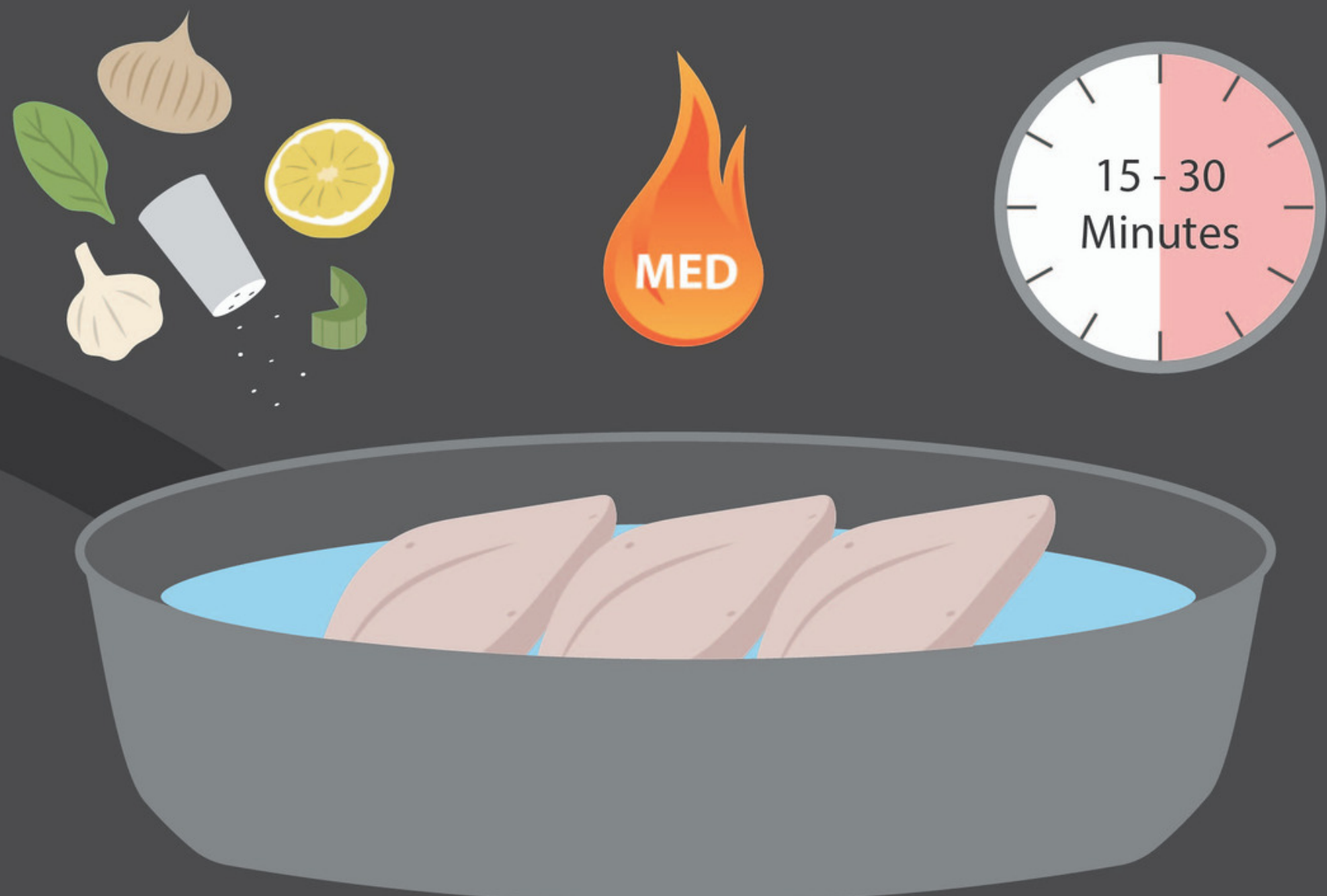


BOILING

Use cooking liquid such as water, chicken broth, or even apple cider. You can add additional flavor.

Bring the liquid to a boil over medium-high heat, then reduce to simmering and cover the pan with a lid.

Bone-in, skin-on chicken take about 30 minutes to cook. Halved boneless, skinless chicken breasts take about 15-20 minutes.

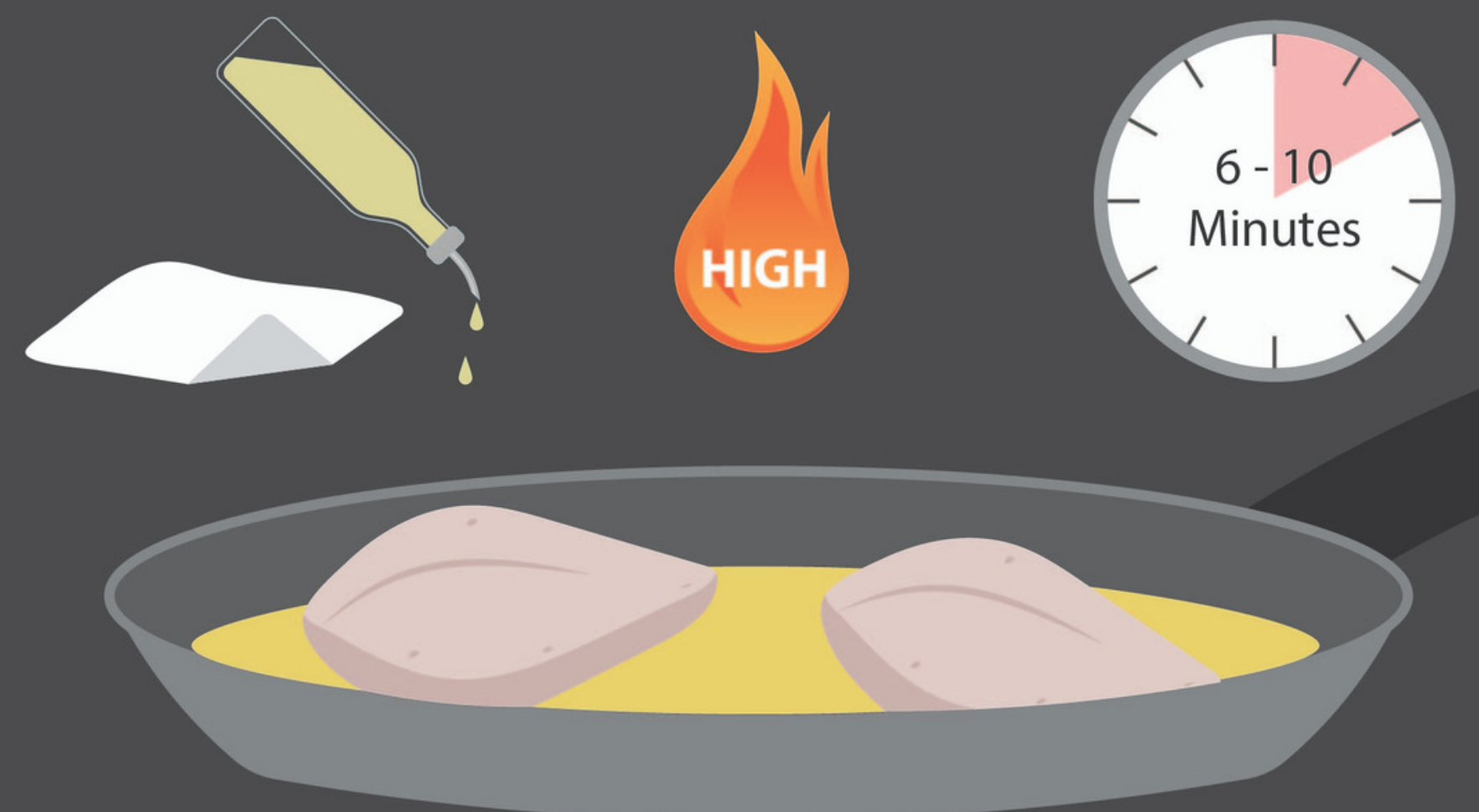


PAN-FRYING

Use a paper towel to dry the chicken. This will give the chicken a golden crust. Then drizzle a small amount of olive oil on the breasts.

Heat a skillet over medium high heat and add 1 tablespoon of olive oil. When the oil is heated, add the chicken breasts to the skillet.

To fully cook the chicken, sear the chicken for 3-5 minutes on each side. The chicken should only take a total of 6-10 minutes.



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