

## **Baked Chicken Breast**

***Serves four to six***

4 chicken breasts  
6 cups water at room temperature  
1/3 cup salt  
1 small lemon  
Garlic powder  
Thyme  
Paprika  
Olive oil or melted butter  
Salt & Pepper

Heat your oven to 375 degrees F (190 C).

Add the salt to the water in a bowl and mix until the salt dissolves. Add the chicken breast. Cover and refrigerate for a minimum of 30 minutes and up to 12 hours.

Remove the chicken from the brine and pat dry. Place on a rack in a roasting pan and allow sitting at room temperature for 15 to 20 minutes.

Squeeze the lemon onto the chicken breast and season with a little bit of salt, black pepper, garlic powder, thyme and paprika. Drizzle the chicken with olive oil or melted butter.

Tent your roasting pan with aluminum foil and place in the oven for 20 minutes. Uncover and roast for an extra 10 to 15 minutes until completely cooked thru but not dried. When you insert a meat thermometer it should read 155 degrees F (68 C).

Remove the chicken breast from the oven and tent with foil. Allow the chicken to rest for about 5 minutes and slice.

NOTE - Every oven is different so your times might vary. Please do not eat raw chicken. It can make you very sick.