



friday

## PAPRIKA-HERB RUBBED CHICKEN

1 tablespoon herbes de Provence  
2 teaspoons paprika  
½ teaspoon kosher salt  
¼ teaspoon freshly ground pepper  
1-1¼ pounds boneless, skinless chicken breast

Combine herbes de Provence, paprika, salt and pepper in a small bowl.

Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.

Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler to high.

To grill: Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.

To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.

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Serves 4  
Active Time: 5m  
Total Time: 25m

## NUTRITION FACTS

Amount per serving:  
Calories: 127  
Total Fat: 3g  
Saturated Fat: 1g  
Monounsaturated Fat: 1g  
Cholesterol: 63mg  
Sodium: 196mg  
Carbohydrates: 1g  
Dietary Fiber: 1g  
Total Sugars: 0g  
Added Sugars: 0g  
Protein: 23g  
Potassium: 223mg