



# chicken breast

## TASTY TIDBITS



### Nutrition Nuggets

- Chicken is a great source of lean protein for muscle and bone health. It provides energy to the body.



### How to Store

- Store in the refrigerator for 1 to 2 days or until the use-by date listed on the package.
- Store in a freezer for up to 9 months.



### How to Prepare

- Do not wash or rinse raw poultry to avoid cross-contamination and spreading bacteria.
- Refrigerated: Leave chicken breast whole, cut in half, strips, or chunks.
- Frozen: Thaw chicken in the refrigerator, submerge the unopened package in cold water, or use the microwave. Cut if desired and cook immediately after thawing.



### How to Enjoy

- Add to salads or soups or use in tacos, quesadillas, sandwiches, and wraps.
- Enjoy grilled, baked, or prepared in a skillet and served with vegetables.

## #TIP

- Cutting thick pieces of chicken breast in half horizontally can help increase the number of meals prepared with one package of chicken.

**LIVE WELL  
ALABAMA**

Alabama Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider. [www.LiveWellAlabama.com](http://www.LiveWellAlabama.com) The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator, employer, and provider. © 2025 Alabama Cooperative Extension System. All rights reserved. [www.aces.edu](http://www.aces.edu)



# chicken breast

## RECIPES

### Honey Mustard Chicken

#### INGREDIENTS

- 1 1/4 pounds boneless, skinless chicken breast
- 3 tablespoons lemon juice
- 1/4 cup and 2 tablespoons olive oil
- 1 tablespoon honey
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1/8 teaspoon pepper

#### DIRECTIONS

1. Combine lemon juice, 1/4 cup of oil, honey, mustard, and garlic into a small mixing bowl and whisk to combine.
2. Reserve 3 tablespoons of the marinade in a separate bowl and transfer the remaining marinade into a sealable container with the chicken breast.
3. Seal the bag and coat the chicken. Marinate in the refrigerator for 30 minutes.
4. Heat a large skillet over medium heat and add the remaining 2 tablespoons of oil.
5. Remove chicken from the marinade and add to the skillet. Discard the marinade.
6. Sprinkle with pepper and cook for 5 minutes. Flip and cook until golden brown and the internal temperature reaches 165° F.
7. Allow chicken to rest for 5 minutes and drizzle with the reserved marinade before serving.

### Quick and Easy Skillet Chicken Breast

#### INGREDIENTS

- 1 1/4 pounds boneless, skinless chicken breast
- 2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 2 teaspoons paprika
- 1 1/2 teaspoons black pepper
- 1 teaspoon salt
- Cooking oil spray as needed
- Optional: dried oregano, cilantro, parsley

#### DIRECTIONS

1. Combine all spices into a small bowl and then sprinkle the spices on both sides of the chicken breasts.
  2. Heat a large skillet over medium heat and spray with cooking oil to prevent sticking.
  3. Add the chicken to the skillet and cook for 5 minutes.
  4. Flip and cook for 3 to 5 minutes or until the internal temperature reaches 165° F.
  5. Allow chicken to rest for 5 minutes before serving.
- Tip: Enjoy with side dishes. Place on a bun and enjoy as a chicken sandwich, or cut and serve on a salad or in a wrap.
- Optional flavor variations: Live Well Alabama Spice It Up! seasonings mixtures

### Easy Baked Chicken Parmesan

#### INGREDIENTS

- 4 boneless, skinless chicken breasts
- 1 1/2 cup shredded mozzarella, reduced fat
- 2 cups marinara sauce
- Pasta, cooked according to the package directions
- Cooking oil spray

#### DIRECTIONS

1. Preheat oven to 375° F.
2. Spray a baking dish with cooking oil and add chicken breast.
3. Bake chicken for 25 minutes. Top with sauce and cheese.
4. Bake for an additional 25 minutes or until the internal temperature reaches 165° F.
5. Serve over pasta.