



Morton Quick and Easy Recipes

QUICK GARLIC CHICKEN

Main Dish | Cooking Time: 25-30 minutes | Preparation Time: 5 minutes |

Serves: 4 | Difficulty: Easy

Dinner will be on the table in no time with this simple quick-to-the-oven dish. Perfect served with a side of your family's favorite vegetables sprinkled with Morton® Garlic Sea Salt.

Ingredients:

- 1 to 1-¼ pounds (3 to 4) boneless chicken breasts
- 1 Tablespoon Morton® Garlic Sea Salt
- Cooking spray



**MORTON®
GARLIC SEA SALT**

- 1** Preheat oven to 400°F.
- 2** Spray 1 to 1-¼ pounds (3 to 4) boneless chicken breasts with vegetable cooking spray. Place in a baking dish. Sprinkle chicken breasts evenly on both sides with Morton® Garlic Sea Salt.
- 3** Bake in preheated 400°F oven 20 to 25 minutes or until internal temperature reaches 165°F.

Tips for Success:

- In addition to Morton® Garlic Sea Salt, sprinkle lightly with paprika OR Italian seasoning and black pepper.