

Spice-Rubbed Chicken Breasts

*Alison Ladman - Associated Press
Scripps Treasure Coast Newspapers*

Servings: 4

*2 (about 1 pound total) boneless/
skinless chicken breasts
1 tablespoon olive oil
1 tablespoon brown sugar
1 teaspoon ground cumin
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon sweet paprika
1/2 teaspoon dried thyme
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/4 teaspoon ground allspice*

Set the chicken breasts on a cutting board and slice horizontally across the piece to create two thinner halves. One at a time, cover each half with plastic wrap, then use a meat mallet to pound to an even thickness. Drizzle the pounded halves with the olive oil and rub all over.

In a small bowl, combine the brown sugar, cumin, garlic powder, onion powder, paprika, thyme, salt, pepper and allspice. Rub the mixture over both sides of each of the four pieces of chicken.

If cooking on the grill: Heat to medium temperature. Cook for 2 minutes per side.

If cooking on the stovetop: In a large skillet, heat one tablespoon of canola oil over medium-high. Cook for 2 to 3 minutes per side or until the chicken reaches an internal temperature of 160 degrees.

Let rest for 5 minutes.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 43 Calories; 4g Fat (70.1% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 269mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Chicken

Calories (kcal): 43
% Calories from Fat: 70.1%
% Calories from Carbohydrates: 28.0%
% Calories from Protein: 1.9%
Total Fat (g): 4g
Saturated Fat (g): trace
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 3g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 269mg
Potassium (mg): 28mg
Calcium (mg): 12mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 8IU
Vitamin A (r.e.): 1RE

Vitamin B6 (mg): trace
Vitamin B12 (mcg): 0mcg
Thiamin B1 (mg): trace
Riboflavin B2 (mg): trace
Folacin (mcg): 1mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 43 **Calories from Fat:** 30

% Daily Values*

Total Fat	4g		5%
	Saturated Fat	trace	2%
Cholesterol	0mg		0%
Sodium	269mg		11%
Total Carbohydrates	3g		1%
	Dietary Fiber	trace	1%
Protein	trace		
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Vitamin A			0%
Vitamin C			0%
Calcium			1%
Iron			3%

* Percent Daily Values are based on a 2000 calorie diet.