Dinner Tonight!

Delicious Cajun Chicken

Butter-flavored vegetable cooking spray
1-1/4 pounds boneless, skinless chicken breast tenderloins (about 9 –10)
Cajun Seasoning (recipe follows)

Preheat oven to 350° F. Wrap pan in foil leaving enough foil to cover chicken. Place chicken on greased cookie sheet and coat well with Cajun Seasoning. Cover chicken with foil. Bake 20-25 minutes until fully cooked.

Cajun Seasoning:
2 teaspoons paprika 1/2 teaspoon dried oregano leaves
1 teaspoon onion powder 1/2 teaspoon cayenne pepper
1 teaspoon garlic powder 1/2 teaspoon black pepper
1/2 teaspoon dried thyme leaves 1/4 to 1/2 teaspoon salt

Mix all ingredients; store in an airtight container until ready to use.

Preparation Time: 20 minutes
Cook Time: 20-25 minutes
Serves: 4
Cost per serving: $1.88 (or 6 servings for $1.25)

Nutrition facts per serving:
Calories: 144
Total Fat: 3.1 g
Cholesterol: 69 mg
Sodium: 206 mg
Total Carbohydrate: 2 g
Protein: 25.7 g

Serve with: beans, rice, or salad.