



## **Cold-Oven Moroccan Boneless Chicken Breasts**

*This is the easiest way to bake chicken breasts*

- 1 Tablespoon olive or peanut oil
- 2 (8 ounce) boneless, skinless chicken breast halves, trimmed
- 1/2 to 1 Tablespoon Ras el Hanout Moroccan seasoning (see recipe below)

Place oil in shallow dish; coat both sides of chicken with oil and season both sides with Moroccan seasoning. Place in oiled 9 or 10 inch cast iron skillet. Place skillet in cold oven; set oven temperature to 450 degrees F. Bake for 15 minutes; turn chicken over; continue baking for 10 to 15 minutes or until internal temperature reaches 165 degrees when tested with oven thermometer. Remove from oven; let rest 10 minutes before serving with pan juices. Serves: 2 to 4

**Cook's Note:** You can use your favorite spice to substitute for Ras el Hanout. I always mix up this Moroccan spice and keep it in a tightly closed jar. Having a pre-mixed spice blend makes cooking so easy.

**Cooking Technique Recipe Inspired by:** Better Homes & Gardens, May 2019.

**About the Recipe:** You won't believe how easy this is to prepare. Just coat your chicken with oil; season it with your favorite spices; place it in a cold oven and let it bake itself for about 25 minutes. I like to turn my chicken halfway through the cooking time to distribute the spices evenly.

**Here's the Recipe for this Spice Blend:**

Recipe for: **Ras el Hanout – Moroccan Spice Blend**

- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 teaspoon salt
- 1 teaspoon whole coriander seeds
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/4 to 1/2 teaspoon ground black pepper
- 1/4 teaspoon turmeric
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground cayenne red pepper

In a spice blender, process all ingredients until fine powdered consistency. Store in airtight container for up to 1 month.

Yield: about 2 Tablespoons

For More Information See:

<https://www.gloriagoodtaste.com/jan-2016-out-of-africa-less-than-10-added-sugar-calories-reducing-sugar-recipes/>