



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.