



## BLACKENED CHICKEN

September 4

National Spice Blend Day

### INGREDIENTS

- 1 Tablespoon Paprika
- 2 Teaspoons Onion Powder
- 2 Teaspoons Garlic Powder
- 1 Teaspoon Dried Oregano Leaves
- 1 Teaspoon Dried Thyme Leaves
- 1 Teaspoon Salt
- ½ Teaspoon Ground Black Pepper
- 2 Pounds Chicken, cooked, frozen, Diced or Pulled, no skin, wing meat, neck meat, giblet, or kidney
- 2–3 Tablespoons Extra Virgin Olive Oil (divided)

### DIRECTIONS

1. Place chicken on a cutting board and wrap with plastic wrap. Use flat side of meat tenderizer to flatten chicken until it is approximately ½ inch thick. Place chicken on a large plate or platter.
2. Combine Blackened Seasoning ingredients in a small bowl. Pat chicken dry with clean paper towel. Rub Blackened Seasoning all over. Drizzle seasoned chicken with olive oil and rub all over.
3. Bring a large cast iron skillet to medium-high heat. Add a teaspoon or two of olive oil and swirl to coat the pan. Place chicken in the hot pan and sear both sides 2-4 minutes. Continue cooking in the large skillet (continuing to flip every 2-4 minutes) until fully cooked OR place the cast iron skillet in a 400° oven (middle rack) for 10-20 minutes or until fully cooked.
4. Place chicken on a plate and let meat rest 5-10 minutes before cutting. Enjoy any way you want!

### MEAL PATTERN CONTRIBUTION

Meat/Meat Alternate

### MEAL TYPE

Lunch/Supper

### YIELD

32 Ounces

### PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce	1½ Ounces	2 Ounces	2 Ounces