

## **Easy Cajun Spiced Chicken Breasts**

### **Ingredients:**

- 2 tablespoons Cajun seasoning
- 1/4 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 tablespoons vegetable oil
- 4 boneless chicken breast halves

### **Preparation:**

Combine the seasonings and oil to form a paste, adding more oil if needed. Rub all over the chicken breasts; place in a food storage bag and refrigerate for at least 1 hour. Grill or broil the chicken for about 5 to 7 minutes on each side, depending on thickness. Chicken is done when juices run clear when pricked with a fork.

Serves 4.