

Paprika-Herb Rubbed Chicken

Roasting the tomatoes, onions and garlic for this simple summer soup enhances their inherent sweetness.



Ingredients

- 1 tablespoon herbes de Provence
- 2 teaspoons paprika
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground pepper
- 1–1 ¼ pounds boneless, skinless chicken breast

Instructions

1. Combine herbes de Provence, paprika, salt and pepper in a small bowl.
2. Coat both sides of chicken with the rub up to 30 minutes before grilling or broiling.
3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler to high.
4. To grill: Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.
5. To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.

Nutrition Per Serving

127 Calories, Total Fat: 2 g, Saturated Fat: 0 g, Cholesterol: 62 mg, Carbohydrates: 1 g, Fiber: 0 g, Total Sugars: 0 g, Added Sugars: 0 g, Protein: 23 g, Sodium: 195 mg, Potassium: 222 mg, Iron: 1 mg, Folate: 5 mcg, Calcium: 28 mg, Vitamin A: 611 IU, Vitamin C: 0 mg

Carbohydrate Servings: 0

Yield:
4 servings

Active Time:
5 minutes

Total Time:
25 minutes

Make Ahead Tips:



Store the rub in an airtight container for up to 3 months; coat the chicken with the rub up to 30 minutes before grilling or broiling.