

## The Secret to Never-Dry Chicken Breast

is easier than most people think.

**OVEN**  
**425°F**

**TIME**  
**20 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

- 4 boneless, skinless chicken breasts (6-8 ounces each)
- 1 1/2 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon dried Italian seasoning

### DIRECTIONS

- Step 1: Preheat the Oven:** I preheat the oven to 425°F. High heat cooks the chicken quickly, sealing in moisture.
- I lightly grease a baking dish or line it with parchment paper.
- Step 2: Pat Dry and Even Out Thickness:** I pat the chicken breasts completely dry with paper towels. This helps the seasoning stick and improves browning.
- If the chicken is uneven in thickness, I gently pound it to about 3/4-inch thick. Even thickness ensures even cooking.
- Step 3: Add Olive Oil:** I rub olive oil over all sides of the chicken. This helps with browning and keeps the surface moist.
- Step 4: Season Generously:** In a small bowl, I mix salt, black pepper, garlic powder, paprika, and Italian seasoning.
- I sprinkle the seasoning evenly over both sides of the chicken.
- Step 5: Bake:** I place the chicken in the prepared baking dish and bake for 16-20 minutes.
- The key is using a meat thermometer. I remove the chicken when the internal temperature reaches 160-162°F in the thickest part.
- Step 6: Rest:** I tent the chicken loosely with foil and let it rest for 5 minutes. During this time, the temperature rises to 165°F and the juices redistribute.
- Skipping this step is one of the biggest mistakes people make.
- Step 7: Slice Against the Grain:** For maximum tenderness, I slice the chicken against the grain before serving.

### TIPS FOR SUCCESS

Pound to even thickness for best results.

These small steps are what make this method fail-proof.

Easy Flavor Variations Want to switch up the seasoning?

Try: Lemon zest and fresh thyme Taco seasoning blend Cajun seasoning Honey mustard glaze BBQ dry rub The high-heat method stays the same-you just change the flavor profile.

