



# Chicken Your Way

*This is an easy, versatile chicken recipe. You can season the chicken any way you like by adding different ingredients to the dressing. This chicken is good alone, as part of a grain bowl, or on top of a salad.*

**HANDS-ON TIME: 20 MINUTES**

**TOTAL TIME: 35 MINUTES**

**MAKES: 4 SERVINGS**

## KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Large bowl
- Vegetable peeler
- Measuring cup
- Measuring spoons
- Grater or zester
- Small bowl
- Whisk
- Tongs or salad servers

## INGREDIENTS

- 1 garlic clove, peeled and minced or put through a garlic press (or 2 cloves if desired)
- 2 tablespoons balsamic or red wine vinegar
- 2 tablespoons plus 2 teaspoons olive oil
- $\frac{1}{4}$  teaspoon salt
- black pepper
- 2 whole boneless, skinless chicken breasts, cut in half, trimmed of fat, and patted dry with a paper towel

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## INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your equipment and ingredients and put them on a counter.
2. **Make the dressing:** Put the garlic, vinegar, 2 tablespoons oil, salt, and pepper (and any of the Try This ingredients below) in the bowl and mix well. Now taste it. Does it need more salt or pepper? More seasoning? If so, add it and taste again, then set the dressing aside.
3. Put the skillet on the stove and turn the heat to medium-high. When the skillet is hot, add the remaining 2 teaspoons oil. Add the chicken breasts, one at a time, and cook until lightly browned and cooked through, 5 to 8 minutes per side, depending on the thickness of the chicken. (To check that the chicken is

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cooked thoroughly, cut a piece in half: it should look white all the way through.)

Put the chicken on the cutting board and cut it into thin slices. Put the slices in the bowl with the dressing and mix gently. Serve right away.

## TRY THESE OPTIONS:

**Curry:** Add 1 teaspoon sweet or hot curry powder to the dressing.

**Spicy:** Add 1 teaspoon chili powder and 1 teaspoon ground cumin to the dressing.

**Ginger:** Add 2 teaspoons finely chopped fresh ginger and 1 tablespoon soy sauce to the dressing (leave out the salt).

**Herby:** Add 2 tablespoons chopped fresh herbs (such as basil, cilantro, mint, or parsley) to the dressing.