



Fast Easy Juicy Tender Chicken



1-4 boneless, skinless chicken breasts

1 T olive oil or unsalted butter or a combination of both

salt and freshly ground pepper

optional: flour, spices, and/or herbs*

optional: brine with a mixture of salt and water**

Trim fat off chicken and pound to an even thickness. Salt and pepper both sides. Heat sauté pan (you'll want one with a tight-fitting lid) over medium-high heat. Pour oil/butter in pan and evenly distribute. Turn heat to medium and immediately add chicken (tongs work great). Cook for 1 minute. Flip chicken, place lid on pan, and turn heat to low. Cook on low for 10 minutes, leaving lid in place. Without removing lid, move pan from heat and let sit for another 10 minutes. Important: don't lift lid at all during the entire cooking process. Remove chicken from pan and slice or chop. Serve immediately or refrigerate for later use.

*Can also dredge chicken in seasoned flour before cooking. To do so, season flour with spices or herbs, coat both sides of chicken with flour, and cook according to recipe above, adding an additional minute or two before flipping to form a golden crust.

**For even more juicy chicken, brine chicken before cooking by dissolving 4 T salt (any kind of salt works) in 4 cups water and pouring over chicken in shallow container (completely submerge chicken) for 15 minutes or up to 4 hours. (If brining longer than 30 minutes, store in refrigerator.) Remove from brine and pat dry. Cook according to recipe above.