

Baked Cajun Chicken

Servings per recipe: 1

Each serving counts as 1 protein, 1 Tbsp milk

If you would like it even more spicy, add a bit of Tabasco, Frank's Red Hot or chilli peppers before serving.

Ingredients

- 100 grams chicken
- 1/2 Tbsp milk
- 1/2 tsp cajun seasoning (make sure seasoning has no oils or sugars, only spices)

Directions

1. Preheat oven to 350.
2. In small dish, coat both sides of chicken with milk.
3. Place chicken in glass baking dish.
4. Sprinkle top with cajun seasoning.
5. Bake uncovered 20-30 mins until chicken is no longer pink.

