

21 Day Fix Chicken

Ingredients:

- 2-3 pounds chicken breast tenderloins
- Cooking spray
- seasoning salt (Lawry's is my favorite)

Directions:

1. Set oven to broil.
2. Place chicken breast on broiling pan.
3. Lightly (LIGHTLY) sprinkle with seasoning salt.
4. Spray with cooking spray.
5. Broil in oven for 4 minutes.
6. Turn chicken tenderloins over.
7. Sprinkle again very lightly with seasoning salt.
8. Spray with cooking spray.
9. Broil on high another 3-4 minutes, until cooked through.
10. Once cooled, store refrigerated to have ready for salads throughout the week.

