

HERBED BAKED CHICKEN (BREAST BONELESS)

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
181 cal	0 g	32 g	4 g	88 mg	286 mg	25 mg

Ingredient

CHICKEN,BREAST,BNLS/SKNLS,5 OZ
 COOKING SPRAY,NONSTICK
 SALT
 PEPPER,BLACK,GROUND
 OREGANO,CRUSHED
 MARJORAM,SWEET,GROUND
 ROSEMARY,GROUND
 COOKING SPRAY,NONSTICK

Weight

31-1/4 lbs
 1-1/2 oz
 1-7/8 oz
 7/8 oz
 1-1/4 oz
 1/4 oz
 1/2 oz
 2 oz

Measure

3 tbsp
 3 tbsp
 3 tbsp
 1/4 cup 1/3 tbsp
 1/2 cup
 1/4 cup 1/3 tbsp
 1/4 cup 1/3 tbsp
 1/4 cup 1/3 tbsp

Issue**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Lightly spray sheet pans with non-stick cooking spray. Place chicken breasts on each sheet pan.
- 3 Combine salt, pepper, crushed oregano, ground marjoram and ground rosemary; mix well.
- 4 Sprinkle 3 tbsp seasoning mixture evenly over chicken in each pan. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake for 10-12 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. CCP: Hold for service at 140 F. or higher.