

Easy Creole Chicken

serves 4



Pairs well with
FauxTatoes Au Gratin,
and
A green salad with high-fat
salad dressing,
and steamed veggies

INGREDIENTS

- 4 boneless, skinless **chicken breasts**, halved
- 4 tablespoons **Avocado oil**
- 1 tablespoon coarse sea salt
- 1-2 teaspoon Tony Chachere's **Creole seasoning**

DIRECTIONS

1. Cut chicken breasts in half so they are not too thick.
2. Rub chicken breasts with oil on all sides.
3. Sprinkle all sides with salt and Creole seasoning.
4. Place chicken in frying pan and cook until no longer pink inside.
5. Serve with a cheesy dish such as the Trinity FauxTatoes Au Gratin
6. And also have a side salad and/or some steamed veggies.

