YIELD: 4 SERVINGS

EVERYTHING BAGEL BAKED CHICKEN

Extremely tasty Everything Bagel Baked Chicken Recipe



PREP TIME
10 minutes

COOK TIME
40 minutes

RESTING TIME
5 minutes

TOTAL TIME
55 minutes

INGREDIENTS

- 4 Chicken Breast halves with the rib/bone and skin
- 1 tablespoon Olive Oil
- 1 teaspoon Dried Parsley per chicken breast
- EVERYTHING BAGEL SEASONING:
- 3 tablespoons Black Sesame Seeds
- 3 tablespoons untoasted/raw Sesame Seeds
- 3 tablespoons Dried Onion Flakes
- 2 tablespoons Poppy Seeds
- 2 tablespoons Golden Flaxseeds or brown flaxseeds
- 1/2 teaspoon Garlic Powder
- 1/2 teaspoon Ground Black Pepper
- 1/2-3/4 teaspoon Sea Salt or to taste

INSTRUCTIONS

1. Make “Everything Bagel Seasoning”.
2. Preheat oven to 400°F
3. Remove and separate bone and rib from each chicken breast as you can see in my pictures above. Leave the skin on because it creates a nice crust.
4. Add a drizzle of oil on each chicken breast after you separated from the bone and rub top and bottom.
5. Add Everything bagel seasoning on the plate and coat each chicken breast, top, and bottom with the seasoning, then dust it with dried parsley and place on previously greased/oiled baking sheet.
6. Drizzle just a tad more oil on top of the chicken.
7. Bake chicken for 40-45 minutes, depending on the size of the chicken and if the internal temperature thermometer reads 165°F (at the thickest part of the chicken) then the chicken is cooked and safe to eat.
8. Allow chicken to rest for about 5 minutes before slicing it. This way the chicken is going to be juicy on the inside. All the oil that is leftover on the baking sheet, keep it to drizzle over the chicken before serving.