

# Chicken Breast 5 Ways

## Quick Guide for Cooking Chicken

**Step 1. Flavor the Chicken** – use any of the following recipes to flavor your chicken. First, combine your ingredients, then coat the chicken in the mixture. You can do this right before you cook the chicken or combine the chicken and mixture in a plastic bag and leave overnight in the refrigerator to marinate.

**Step 2. Cook** – cook the chicken in the oven at 375°F for 20-25 minutes.

**Step 3. Enjoy** – enjoy the chicken by itself, or pair with other ingredients to make a delicious meal.

## Lemon Pepper Chicken

- 2 tablespoons oil
- 2 tablespoons minced garlic
- 3 tablespoons lemon juice
- 1 tablespoon lemon zest
- Salt and pepper

*Optional:*

- Onion powder, garlic powder, chopped parsley

Meal Ideas: Serve lemon pepper chicken with any kind of pasta. Add a little milk, sour cream, or yogurt to your pasta dish for extra creaminess, or serve with veggies like green beans and asparagus

## Teriyaki Chicken

- 1/3 cup soy sauce
- 1/4 cup brown sugar
- 2 tablespoons minced garlic
- Salt and pepper

*Optional:*

- Sesame oil, honey, sriracha, rice vinegar, grated or powder ginger, chopped green onion

Meal Ideas: Serve with steamed rice and broccoli, veggie stir fry, rice bowl, or make teriyaki chicken tacos

## BBQ Chicken

- ¾ cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon vinegar
- Salt and pepper

*Optional:*

- Worcestershire sauce, chili powder, garlic powder, onion powder, paprika, cayenne, chopped cilantro

Meal Ideas: Use the BBQ chicken for pulled chicken sandwiches, on top of a salad, or eat with baked potatoes and veggies

## Honey Mustard Chicken

- 1 cup mayonnaise
- 1/3 cup honey
- ½ cup mustard
- 2 tablespoons oil
- Salt and pepper

*Optional:*

- Onion powder, garlic powder, Dijon mustard (for extra kick), paprika, vinegar, chopped parsley

Meal Ideas: Serve the chicken in a salad and use the honey mustard sauce as a dressing, or serve with roasted potatoes and veggies

## Fajita Chicken

- 2 tablespoons oil
- 2 tablespoons minced garlic
- 2 tablespoons lime juice
- Taco seasoning

*Optional:*

- Chili powder, cumin, paprika, onion powder, garlic powder, chopped cilantro

Meal Ideas: Serve with sauteed onions and bell peppers in a flour tortilla. Add rice, beans, and cheese for a more nutrient-packed meal



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