

## Cajun Blackened Chicken

Chicken Breasts – 2 (8oz.) boneless, skinless

Butter – ½ stick

Blackened Spice Blend (see other recipe)

1. Preheat grill to 400 degrees.
2. Place metal bowl with butter in grill to stay warm.
3. If chicken breasts are large, butterfly or pound to even thickness.
4. Heat cast iron skillet on side burner until very hot (5-10 min)
5. Dunk chicken in butter. Season one side with spice mix. Place seasoned side of chicken face-down in skillet. Season top of chicken.
6. Turn breast (45 seconds – 1 minute)
7. Remove breast from skillet and place in hot grill (45 seconds – 1 minute)
8. Chicken is done when internal temperature is 140 – 145 degrees. Remove and rest on a plate 10 minutes.

Best served with Alfredo sauce and pasta or spaghetti squash.