

# Moroccan Chicken II

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## **Servings: 4**

*1 teaspoon sweet paprika  
1/2 teaspoon ground cumin  
1/2 teaspoon ground cinnamon  
1/4 teaspoon salt  
1/4 teaspoon pepper  
pinch red pepper flakes  
4 five-ounce boneless/ skinless  
chicken breasts  
1 tablespoon olive oil*

Preheat oven to 425 degrees.

In a bowl, combine the paprika, cumin, cinnamon, salt, pepper and red pepper flakes. Rub the mixture onto the chicken breasts.

Heat the olive oil in a large skillet on medium heat. Cook the breasts until golden brown, 2 to 3 minutes per side.

Transfer to the oven. Roast until just cooked through, 9 to 11 minutes.

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Per Serving (excluding unknown items): 32 Calories; 3g Fat (94.0% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 134mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat.