

## Blackened Chicken

4 chicken breasts flatten them out to about a ½ inch thick

Cast Iron skillet or on the grill

1 tbsp. red pepper

1 tsp. Chile powder

1tsp. ground cumin

1tsp. creole seasoning

1tsp. dried thyme

1tsp. salt

3 tbsp. vegetable oil; more if needed.

Combine all spices, salt, and pepper in a medium bowl. Add vegetable oil and mix well.

Add the chicken to the mixture coating well and place in the refrigerator for about an hour or two.

Heat the cast Iron skillet until it's nice and hot. You should see it start to smoke. Make sure you turn on your stove vent because it will produce some smoke.

Cook the chicken breast about 3-5 minutes on each side, turning once. Make sure you don't lose your blackening. If you flatten it out to ½ inch or less, it will be done.

The chicken should have a nice black coating on it, but boy oh boy is it good.