

CAJÚN CHICKEN ... TOP TASTE WITHOUT ADDING CALORIES

Turn the chicken into an explosion of flavors that will turn it into a festival without adding extra calories

I love this way of making chicken for many reasons: it is very easy, it's fast, while it cooks I can do other things or prepare a salad, I can leave it done in advance and the leftovers give a great touch to any salad or soup ... Oh yeah, and I get a super tasty meal without adding calories to the dish. Could we ask for more?

My advice would be to choose organic chicken or a chicken raised open air, fed with natural food that does not contain GMOs or hormones or medicines. It's true that it comes out more expensive but we can eat chicken in less quantity and not so often so when we prioritize the quality and best practices possible with the animals. It is also true that our health is a precious asset to defend. Less is more in this case.

INGREDIENTS

Organic chicken in pieces or chicken breast (150 gr per person with bone or 90 gr without bone) it is not necessary to exceed the amounts with animal proteins.

Cajun mix (recipe here: <http://cocinatuvida.com/?p=739>)

Preheat the oven to 180°C

Grind the chicken with the Cajun Mix, as if topping, to be well covered.

Put oven paper on your oven tray.

Put the chicken smeared on top.

Do not put salt, the Mix already has.

Bake for 30 to 40 minutes.

Ready

MY ADVICE: meals containing animal protein should have sides with some uncooked green vegetables or a salad that contains green leafs in order to counteract the effect of animal food in our intestines.