

Cajun Grilled Chicken

Ingredients	Amount
Chicken breasts or thighs, boneless/skinless	4 breasts or thighs
Cooking spray	Enough to coat
Cajun spices	Sprinkle on both sides of chicken to taste

Method:

- Spray both sides of the chicken pieces so they don't stick to the grill
- Shake Cajun spices to taste on both sides of the chicken pieces
- Put chicken on grill and turn when the sides turn white.
- Chicken is done when the juices run clear.

Cajun Spices use on fish, chicken, pork, beef and in any recipe to add some spice

Ingredients	Amount
Pepper, black	1 Tablespoon
Pepper, white	1 Tablespoon
Pepper, cayenne	1 Tablespoon
Paprika	1 Tablespoon
Salt	1 Tablespoon
Garlic powder	1 Tablespoon
Italian herbs	1 Tablespoon

Method:

- Mix all ingredients together and store in an airtight container