

chicken pub rub

Author: The FODMAP Formula *Total Time:* 40 minutes *Yield:* 4 chicken breasts 1x

This pub-inspired seasoned chicken breast is a fast family hit. Its simple flavour makes it perfect for a salad or sandwich, as well as the star of a heavier meal.

INGREDIENTS

- 2–4 chicken breasts
- 2 tbsp [low FODMAP garlic infused oil](#)
- 1 tsp dried basil
- 1 tsp dried rosemary (crushed)
- 1/2 tsp mustard powder
- 1/2 tsp paprika
- 1/2 tsp dried thyme
- 1/4 tsp celery seed
- 1/4 tsp dried parsley
- 1/8 tsp ground cumin
- 1/8 tsp cayenne pepper
- salt & pepper to taste

INSTRUCTIONS

1. Preheat oven to 350 degrees. Place all dry ingredients in a mixing bowl (or a Ziploc bag) and mix well.
2. Add chicken and olive oil and mix until chicken is thoroughly coated.
3. Remove chicken from the bowl (or bag) and place in an appropriately sized baking dish. Cover dish with tin foil and bake for 30 minutes. Remove tin foil and place dish back in the oven. Check temperature every 5-10 minutes until the thickest part of the breast reaches 165 degrees.

NOTES

Recommended low FODMAP serving – One chicken breast per sitting

If you're looking to get crazy, this recipe is also delicious on the barbecue!

NUTRITION

Serving Size: 1 chicken breast *Calories:* 118 *Sugar:* 0 g *Sodium:* 212 mg *Fat:* 8 g

Saturated Fat: 1 g *Unsaturated Fat:* 6 g *Trans Fat:* 0 g *Carbohydrates:* 1 g *Fiber:* 0 g

Protein: 11 g *Cholesterol:* 34 mg

Find it online: <https://www.fodmapformula.com/low-fodmap-chicken-pub-rub/>