



# Grilled Chicken Breast

## COOKING INSTRUCTIONS

For all cooking methods, heat to an internal temperature of 165° F.

### PREFERRED METHOD



#### ON THE STOVETOP

- 1 Place frozen breasts in nonstick skillet.
- 2 Heat on medium for 3 to 5 minutes or until warm.



#### IN THE MICROWAVE

- 1 Center frozen breasts on microwave safe plate.
- 2 Heat breasts covered on high:

BREASTS (FROZEN)	TIME (HIGH POWER)
1	4 ½ mins.
2	5 ½ mins.

For each additional breast add 1 minute.

- 3 Do not overheat. Appliances may vary. Heating times are approximate.



#### PLEASE USE CAUTION

Chicken will be very hot! Handle with caution after heating. Let cool 1 to 2 minutes before eating.



#### IN THE OVEN

- 1 Preheat oven to 350° F.
- 2 Place frozen breasts on a baking sheet that has been sprayed with nonstick spray.
- 3 Heat for 13 minutes, flip breasts and heat an additional 13 minutes or until internal temperature reaches 165° F.
- 4 Appliances may vary, adjust accordingly.
- 5 Remove and let stand 2 minutes before serving.



#### IN THE AIR FRYER

- 1 Preheat air fryer to 350° F.
- 2 Place frozen breasts in the air fryer basket. Do not use nonstick spray.
- 3 Heat for 8 minutes, flip breasts and heat an additional 8 minutes or until internal temperature reaches 165° F.
- 4 Pull breasts from air fryer basket and let stand 2 minutes before serving.