

## Pan Seared Chicken

For 1 pound of chicken tenders

- 4 tsp dried basil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- 1/2 tsp pepper
- Olive oil and butter

I heat olive oil and butter on a little more than medium heat. I don't really measure those, though. I make sure the pan is really hot before I put the chicken in.

I mix the dry seasonings and spread them in a pie plate or shallow dish. I coat all sides of each piece of chicken very well. I put them in the pan and cover with a lid. I let them cook until the bottom side is well-seared (4-5 minutes, probably). I turn them and cover again. I cook them until the temperature is at least 165°F in the thicker parts.