

# Boneless Skinless Chicken Breasts & Thighs

Recommended Cooking Time at 375°F

<b>THICKNESS</b> <i>in inches</i>	<b>TENDER &amp; JUICY</b> <i>minutes per side</i>	<b>FIRM &amp; JUICY</b> <i>minutes per side</i>
1/2"	3m	3m 30s
5/8"	3m 45s	4m 30s
3/4"	4m 30s	5m 45s
7/8"	6m	7m 15s
1"	7m 30s	9m 15s
1 1/8"	9m 30s	11m 45s
1 1/4"	11m 45s	14m 30s
1 3/8"	14m 15s	17m 45s
1 1/2"	17m 15s	21m 15s