Baked Thin Sliced Chicken Breast

Baked thin-sliced chicken breast cooks quickly with a lemon-oregano oil coating. Spread the cutlets on a shallow pan, begin checks before the upper time limit, and remove each portion when it reaches 165°F (74°C). Thin slices are useful for sandwiches and grain bowls.



Prep	Cook	Additional	Total	Servings
10 min	14 min	3 min	27 min	4

Ingredients

- 1 1/2 pounds thin-sliced boneless skinless chicken breast / 680 g
- 1 tablespoon olive oil / 15 ml
- 1 tablespoon lemon juice / 15 ml
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

1. Heat the oven to 425°F (220°C). Line a large rimmed pan with oven-safe parchment.

2. Check that cutlets are about 1/4 to 1/2 inch (6 to 13 mm) thick. Pat dry and flatten any much thicker areas.

3. Mix oil, lemon juice, oregano, garlic powder, salt and pepper. Coat the cutlets and arrange them in one layer with gaps.

4. Bake for 8 minutes, then begin checking thinner pieces with a thermometer inserted from the side.

5. Continue only as needed, often 10 to 15 minutes total, until each cutlet reaches 165°F (74°C). Remove finished pieces individually.

6. Rest for 3 minutes before slicing or serving. Spoon cooked pan juices over the portions.

Time, Temperature & Doneness

Cook every chicken portion to 165°F (74°C) in its thickest part. Use an instant-read thermometer; exterior browning, meat color and clear juices are not reliable substitutes. Listed cooking times are estimates and vary with thickness and equipment.

Ingredient Notes & Substitutions

Thickness: A 1/4-inch cutlet may finish much sooner than a 1/2-inch cutlet.

Lemon: This is a brief coating, not a long acidic marinade.

Pan: A single layer on a large shallow pan is more predictable than overlapping cutlets in a deep dish.

Tips for Success

Prepare sides before baking because the chicken cooks quickly.

Check the thinnest pieces first.

Insert the thermometer from the side.

Avoid a prolonged broil after the chicken is done.

Common Mistakes to Avoid

Baking thin cutlets for whole-breast timing.

Stacking chicken in a small dish.

Leaving the chicken in lemon juice for hours without adjusting the recipe.

Recipe Variations

Plain version: Omit lemon, oregano and garlic powder.

Paprika version: Replace oregano with 1/2 teaspoon paprika.

Herb finish: Add 1 tablespoon chopped parsley after baking.

Serving Suggestions

Serve with couscous and vegetables, or slice for sandwiches with separately prepared toppings.

Storage

Refrigerate cooked leftovers promptly in shallow containers within 2 hours, or within 1 hour when exposed to temperatures above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days.

Freezing

Freeze promptly cooled cooked portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Label with the date and thaw in the refrigerator. Continuous freezing preserves safety longer, but texture can decline.

Reheating

Reheat covered in a 350°F (175°C) oven with a small splash of water or broth until the center reaches 165°F (74°C). Check more than one spot; heat thin pieces only as long as needed.

Frequently Asked Questions

How long do thin slices take in the oven?
Often 10 to 15 minutes at 425°F (220°C), but very thin pieces can finish earlier.

Do I need to turn the chicken?
Not usually in this shallow-pan method; use temperature checks instead of turning as a doneness signal.

Can I use thicker breasts?
Slice them first or use a whole-breast recipe with longer timing.

Why is thin baked chicken dry?
It often stayed in the oven too long; begin checking before the listed maximum.

Recipe & Sources

View the recipe on HowToCookChickenRecipes.com

Well Plated - thickness and dry-salting technique reference

FoodSafety.gov - safe minimum internal temperatures

FoodSafety.gov - cold food storage chart

FoodSafety.gov - prompt chilling and cross-contamination prevention