

# Easy Shredded Chicken

**Servings:** 6 - 8

**Prep time:** 10 minutes

**Cook time:** 20 - 25 minutes

## Ingredients:

- 1.5-2 lbs boneless, skinless chicken breasts
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon smoked paprika
- 1 tablespoon olive oil (optional)

## Directions:

### *Step 1*

**Preheat Oven:** Preheat oven to 375°F (190°C).

### *Step 2*

**Prepare the Chicken:**

- Pat the chicken breasts dry with paper towels.
- Season with salt, pepper, garlic powder, onion powder, smoked paprika, and olive oil (if using).

### *Step 3*

**Bake:** Place the chicken breasts in a baking dish and bake for 20-25 minutes, or until the internal temperature reaches 165°F on an instant-read thermometer.

### *Step 4*

**Let Rest:** Remove the chicken from the oven and let it rest for 5-10 minutes before shredding. This allows the juices to redistribute.

### *Step 5*

**Shred with KitchenAid Mixer:**

- Place the slightly cooled chicken breasts in the bowl of your KitchenAid mixer fitted with the flat beater attachment.
- Turn the mixer on low speed and let it run for 30 seconds to 1 minute, or until the chicken is shredded to your desired consistency.

## *Tips and Variations*

- **For extra flavor:** Add a pinch of dried herbs like thyme or oregano to the chicken before baking.
- **Spice it up:** Add a pinch of red pepper flakes for some heat.
- **Crockpot Option:** For slow-cooked shredded chicken, place the seasoned chicken breasts in a slow cooker. Cook on low for 6-8 hours, or on high for 4-5 hours, until the chicken is very tender. Shred with the KitchenAid mixer as directed.