



All Purpose  
Seasoning & Rub

NET WT 4.73 OZ (134.09g)

## Black & Blue Chicken Breast

### Ingredients:

- 4 ea. - 6 oz. Chicken Breasts
- 4 tbsp. Blackening Spice
- 1 tbsp. Olive Oil
- 4 tbsp. Blue Cheese
- 1 tsp. Garlic (Minced)

### Preparation:

Rub chicken breasts with blackening spice and olive oil, and grill chicken over medium heat turning chicken every 3 to 4 minutes.

Combine blue cheese and minced garlic, sprinkle over chicken and cover with lid. After blue cheese has melted serve with favorite accompaniment.

**Best when Combined with Olive Oil  
and Rubbed into Meat.**

*Backwoods™ Blackened  
Kickin' Chicken Rub is a full  
bodied spice blend with a  
bit of a kick.*

### Seasoning Ingredients:

Spices Include Paprika, Salt, Dehydrated Garlic,  
Dehydrated Onion, Sugar

**Contains Soy And Wheat**



**LEM Products**

West Chester, OH 45011

Toll Free 1-877-536-7763

[www.lemproducts.com](http://www.lemproducts.com)

