

## Cinnamon Chicken

### Ingredients:

4 free-range boneless skinless chicken breasts  
Two dollops of butter  
a pinch of cinnamon  
a pinch of salt and pepper  
One sprig of fresh rosemary ground  
Two crushed jalapenos  
a pinch of paprika  
a pinch of pure cane brown sugar

This recipe is simple: Combine your ingredients, placing sweet ingredients together first and salty/spicy ingredients secondly, in a typical pan skillet.

Add the butter last

Heat the skillet first so that it will melt the butter upon contact.

Allow ingredients to heat and coalesce

Cover chicken breasts with sauce and place in refrigerator.

Allow the chicken to sit (covered) for up to an hour

Grill until done, basting periodically with a white wine such as Chardonnay, Viognier or Pinot Grigio.

Enjoy,

Taylor Cooper

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Coop de loop