

Bacon-Wrapped Brown Swerve Chicken

Recipe created by [A Full Living](#)

Ingredients

1 lb chicken breast
6-8 slices of bacon
1/2 cup [Brown Swerve](#)
1 tsp onion powder
1 tsp garlic powder
1 tsp pink salt
1 tsp smoked paprika
1/2 tsp ground black pepper
1/4 tsp red pepper flakes
1/8 tsp cayenne pepper
Fresh parsley for garnish



Instructions

1. Preheat your oven to 375°F. Dry your chicken breasts off with a paper towel. In a bowl, combine your brown sugar Swerve, salt, pepper, garlic powder, onion powder, smoked paprika, red pepper flakes and cayenne pepper. Mix well.
2. Add half of your Swerve spice mix to your chicken breasts so that they're well coated. Reserve the rest of the Swerve spice mix for topping.
3. Wrap the chicken with the bacon slices in a single layer. Secure with toothpicks if necessary. Place the chicken in a cast iron skillet or oven safe dish. Coat the top of the bacon wrapped chicken with the remaining Swerve spice mix.
4. Bake in the oven for 25-30 minutes, until the chicken reaches an internal temperature of 165°F. If you like your bacon crispy, broil on high for 3-5 minutes, watching closely so nothing burns. Garnish with parsley, then serve and enjoy!



Chamere and Bri's Photography Tips

Lighting is your most important factor in a photo. It doesn't matter if you have an amazing scene or a meal by the world's best chef. Poor lighting is the number one mistake you see in food photography.

Do:

- Find a big light source. A bigger source means a softer light and it is a lot more flattering to the food you are shooting.
- Learn to light your food. Light from the side or a little from the front. You can light from the back but this is a little bit more difficult.
- Get a light if you don't have natural light. A handheld ring light or soft light will add enough light for a quick snap.

Don't:

- Shoot with on camera flash. It will make your image "flat" (no shadows or contrast) and isn't very flattering. Think old polaroid cameras.
- Shoot in the dark. Your camera will make the image grainy and low quality to compensate. Doesn't look great.
- Light your food from overhead. Makes the image flat and causes shiny reflections on certain things.

Narrative, Layers The background and supporting elements are just as important as the main meal. Create a scene using supporting foods, kitchenware, and textures.

Do:

- Tell a story with your elements. Is it breakfast, lunch, or dinner? What are you drinking? Is it a meal for one, two, or the family? What else would you be eating with this meal (e.g., berries, jam, and orange juice if you're shooting pancakes.)
- Add textures and garnishes. Powdered sugar on pancakes, seasonings on fries, a knife with some jam smeared on it, a nice napkin and utensils. Whatever you can think would fit!
- Layer your subjects. Layers add interest and depth!
- Use a nice neutral background. It will make your images and subject pop.

Don't:

- Crowd your scene. Less is more and clutter is chaotic to the eye.
- Add things just to add them in. If you took away your subject, would everything in the scene still make sense?
- Leave too much empty space in the picture.

Color is very important in any image! It can create emphasis, lead your eye, create contrast, and add to the overall feel of your image. It can create balance as well.

Cool colors are cozy, relaxing, and settling while warm colors are more energetic and powerful.

Do:

- Make your subject shine as the main color!
- Use supporting elements with colors that make the subject pop!
- Use small accent colors to add interest. (Like a green parsley garnish on a chicken dish.)
- Set your white balance. You need your images to show up correctly, not too yellow or too blue.

Don't:

- Overuse one color or too many similar colors. It can be overpowering and make everything blur together.
- Use supporting elements that are too large or bold in color. It will distract.
- Try to jam too many different colors into one image. Again, it removes emphasis and causes confusion.