**You will need the following ingredients:**

* 1 tablespoon caraway seeds
* 1 tablespoon coriander seeds
* 1/2 tablespoon ground cumin
* 1 tablespoon dried crushed red pepper
* 2 tablespoons olive oil
* 1 tablespoon garlic powder
* 2 tablespoons paprika
* 1 ½ teaspoons salt
* 5 tablespoons lime juice, divided (not all ingredients used at once)
* 4 chicken breasts
* Cooking Spray