

Recipe

BBQ Chicken

**OVEN
TEMP**

400°F

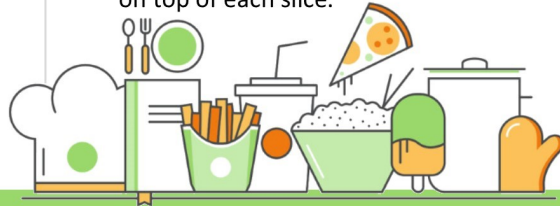
PREP TIME 5 minutes **COOK TIME** 40 minutes **FROM THE KITCHEN OF** Lane Self

Ingredients

- 3 Large Boneless Skinless Chicken Breasts
- 16 oz. of your favorite Barbecue Sauce
- 1 tsp Kick 'n Chicken Seasoning
- 1 cup water

Directions

- Preheat oven to 400° F.
- Slice each chicken breast in half, making 6 thinner chicken breasts. This will help them cook more evenly and better absorb the barbecue flavor.
- Stab each piece of chicken about 15 or so times.
- Place in 9x13 baking dish.
- Pour BBQ Sauce directly on each piece of chicken. Use a spatula to rub the sauce in, and leave large clumps of sauce on top of each slice.



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BBQ Chicken (cont.)

- Pour water over chicken, until each slice is covered.
- Sprinkle Kick 'N Chicken Seasoning over the entire pan.
- Bake at 400° F for 40 minutes.
- Remove chicken from pan & enjoy.

*If desired, use some of the sauce in the pan to drizzle over the chicken or other sides. If you're really in a cooking mood, add a little flour to make it a much thicker sauce!



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