

Barbecue Chicken



Sirve:

6 servings

Pieza:

11" Large Skillet with Cover

Valora: ★★☆☆☆

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Descripción de la Receta:

This recipe sure comes in handy for times when you're in the mood for delicious barbecue, but don't feel like standing over a smoky grill.

6 pieces
boneless, skinless chicken breast halves
1/2 teaspoon
seasoned salt, or to taste
(3
g)
1/2 teaspoon
garlic powder
(1
g)
1/2 teaspoon
lemon pepper or lemon herb seasoning
(1
g)
1 1/2 cups
prepared barbecue sauce
(375
g)

Preparación :

1. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, approximately 2 to 3 minutes, add chicken and arrange in a single layer.
2. Cook 8 - 10 minutes until browned and meat loosens from pan.
3. Turn chicken and sprinkle with seasoned salt, garlic powder and lemon pepper. Pour barbecue sauce over chicken and cover.
4. When Vapo-Valve™ clicks, reduce heat to low and cook for 15 - 20 minutes or until chicken is done.

Consejos:

- To thicken sauce, remove chicken from skillet. Set heat to medium and let sauce cook in uncovered skillet until

thickened. Pour sauce over chicken and serve.

- Make it a one dish meal by adding 1 ½ cups of instant rice and frozen vegetables into skillet with chicken. Then blend 1 cup of water with barbecue sauce before pouring over chicken and rice.

Información nutricional por ración

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Calorías:	263
Grasa Total:	4g
Grasa	1g
Saturada:	
Colesterol:	86mg
Sodio:	884mg
Carbohidratos:	29g
Fibra	1g
Dietética:	
Azúcar:	23g
Proteína:	27g