



Category (Main Dishes)

Oven Barbecued Chicken

Submitted by (Bonita Mahallati)

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| <p><u>Recipe</u></p> <p>6 (8-ounce) chicken breast halves, bone-in 1/3 cup chopped onion 3/4 cup ketchup 1/2 cup water 1/3 cup white vinegar 3 tablespoons brown sugar 1 tablespoon Worcestershire sauce 1 teaspoon ground mustard 1/4 teaspoon salt 1/8 teaspoon pepper</p> <p>In a nonstick skillet coated with nonstick cooking spray, brown chicken over medium heat. Transfer to a 13-in. x 9-in. x 2-in. baking dish coated with nonstick cooking spray. Recoat skillet with nonstick cooking spray; cook onion over medium heat until tender.</p> <p>Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes. Pour over chicken. Bake, uncovered, at 350 degrees F for 45-55 minutes or until chicken juices run clear and a meat thermometer reads 170 degrees F.</p> | <p><u>Grocery List</u></p> <p>(Ingredients you need from the store for recipe and any side dish you might add.)</p> |
| <p><u>Side dish</u></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p> | <p><u>Tips/Helpful hints</u></p> <p>(Any ideas that might be helpful to know when making this recipe.)</p> |

*Pheasant Ward
Recipes*

