

Barbecue Chicken



Ingredients:

- 6 chicken breast halves, 1/2 inch thick
- 1 and 1/2 tablespoons olive oil, divided
- 3/4 cup barbecue sauce
- 1/2 cup water
- 4 garlic cloves, minced
- 1 teaspoon salt
- 1 tablespoon white pepper

Instructions:

1. Place chicken in a large plastic bag; add garlic, salt, pepper and 1/2 tablespoon olive oil.
2. Mix until the chicken is well coated.
3. Heat 1 tablespoon of olive oil in a large skillet.
4. Cook the chicken about 5 minutes on each side.
5. Add the water and sauce to the pan and cook until chicken is tender, and juices are clear.
6. Pour barbecue sauce over chicken and cook for 2-3 more minutes.

Servings: 6



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