



BAKED BBQ CHICKEN

INGREDIENTS

- 2 (6 ounce) boneless, skinless chicken breast
- 1 teaspoon oil
- 1/2 cup BBQ Sauce 2.0
- Salt and Pepper

INSTRUCTIONS

- Heat oven to 400 degrees F
- Heat oil over medium high heat in a nonstick skillet. Season chicken on both sides with salt and pepper. Add chicken and brown on both sides, about 2 minutes each.
- Place chicken in a baking dish and cover evenly with sauce.
- Bake until chicken is no longer pink, should read 165 degrees.