

# BAKED CHICKEN WITH SWEET BBQ SAUCE

## INGREDIENTS

- 1/2 C Barbecue sauce (prepared)
- 1/4 C Soy sauce **OR** coconut aminos teriyaki
- 1/4 C Wine (red)
- 1/4 C Maple syrup
- 1 T Chili powder
- 1 T Mustard powder (dry)
- 1 T Garlic powder
- 1 t Onion powder
- 1 t Cumin (ground)
  
- 4 Chicken breasts (skinless) (boneless) (halves)
- 1 T Cornstarch
- 1 C Water



## DIRECTIONS

- 1 Pre-heat oven to 400 F **OR** 200 C
- 2 In a bowl whisk together all the ingredients except the chicken breasts, cornstarch & water
- 3 Combine thoroughly & then place the chicken breasts into a 9 X 13 inch baking dish
- 4 Pour the sauce over the chicken sides making sure to turn the chicken pieces over in the sauce so you coat both sides
- 5 Bake in the oven until the chicken is no longer pink & the juices run clear (approx 40 minutes)
- 6 A thermometer inserted into the thickest part of a breast should read 160 F **OR** 70 C
- 7 Remove the chicken from the baking dish & keep warm
  
- 1 Pour the remaining sauce into a saucepan, place over medium heat & bring to a boil
- 2 Whisk the cornstarch & water together in a small bowl until smooth
- 3 Whisk the cornstarch mix into the sauce & reduce the heat to simmer
- 4 Allow the sauce to thicken, whisking constantly
- 5 Return the chicken to the dish & pour the thickened sauce over the chicken to serve

