

## Barbecue Chicken



### Makes:

6 servings

### Utensil:

11" Large Skillet with Cover

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### Recipe:

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### Recipe Description:

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)

### Directions:

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.

### Tips:

- 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.

Nutritional Information per

▼ Serving

**Calories:** 263

**Total Fat:** 4g

**Saturated Fat:** 1g

**Cholesterol:** 86mg

**Sodium:** 884mg

**Total** 29g

**Carbs:**

**Dietary Fiber:** 1g

**Sugar:** 23g

**Protein:** 27g