

INGREDIENTS

1 lb Boneless and skinless chicken breast, cut into bite sized pieces
1/4 cup White onion, chopped
1/4 tsp Chili powder
1/4 tsp Paprika
1/4 cup Ketchup, may use more depending on desired coating
1/4 tsp Garlic powder
2 Tbsp Brown sugar, packed
2 Tbsp Worcestershire sauce
1/4 tsp Black pepper

INSTRUCTIONS

1. Cut up chicken into bite size pieces and set aside in the refrigerator.
2. Barbecue sauce: In a pot, combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, worcestershire sauce, and black pepper.
3. Simmer uncovered over medium heat for 15–20 minutes. Stir occasionally. Set aside for step 5.
4. Place chicken on large sheet pan lined with parchment paper and lightly coated with cooking spray.
5. Brush barbecue sauce over all sides of the chicken.
6. Bake uncovered in a conventional oven at 400 °F for 20 minutes or until cooked through. If the chicken browns too quickly, cover with foil to slow the browning process.



Baked BBQ Chicken Bites



4-6 servings



Prep time 10 minutes

Cook time 30-40 minutes

Our tender Baked BBQ Chicken Bites are topped with tangy and sweet BBQ sauce that's sticky and delicious. They are perfect as an appetizer or entree. We love to serve them on top of rice and broccoli or with a side of sweet potato fries. Enjoy!

