



BAKED FIRECRACKER CHICKEN

Intermediate Lifestyle

INGREDIENTS

1/2 cup hot/chili sauce (such as Frank's Red Hot or Sriracha)
1/2 cup brown sugar or honey
1 TBS soy sauce
1 TBS cider vinegar
2 cloves garlic, grated
1 pinch red pepper flakes
1 TBS oil
1 pound boneless and skinless chicken breasts
salt and pepper to taste

INSTRUCTIONS

—Heat the hot sauce, sugar, soy sauce, vinegar, garlic and chili pepper flakes in a small sauce pan until the sugar has melted into the sauce.

—Heat the oil in a large oven safe skillet over medium-high heat, season the chicken with the salt and pepper, add to the pan and brown, about 3-5 minutes per side.

—Transfer to a preheated 400° oven and bake until the chicken is cooked, about 10-15 minutes, basting with the sauce every 5 minutes.

SERVING INFO: (Yields 4 servings):

1 chicken breast = 1 P

Note: There will be extra sauce, but do not use more than 1 TBS of it, and drink lots of water.

Recipe by: [Closet Cooking](#). You can follow at: [Pinterest](#), [Instagram](#), [Facebook](#), [Twitter](#)