

Chicken

Cheddar Bacon Chicken

Brenda Coleman - Jackson, AL

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Servings: 4

4 (5 ounce each) boneless/ skinless chicken breast halves

1/4 cup teriyaki sauce

1/4 cup barbecue sauce

4 slices cooked bacon, halved

4 slices Cheddar cheese

Preheat the oven to 425 degrees.

Dip the chicken breast halves into the teriyaki sauce. Place on a 15x10x1-inch baking pan.

Bake, uncovered, for 13 to 18 minutes or until a thermometer reads 170 degrees.

Spread the chicken with the barbecue sauce.

Top each with two pieces of the bacon and one slice of the cheddar cheese.

Return to the oven and bake for 3 to 5 minutes or until the cheese is melted.

Per Serving (excluding unknown items): 520 Calories; 41g Fat (70.9% calories from fat); 31g Protein; 6g Carbohydrate; trace Dietary Fiber; 124mg Cholesterol; 1622mg Sodium. Exchanges: 4 Lean Meat; 1/2 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.