

# Betty's Oven Barbecued Chicken Breasts Recipe



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In this video, Betty demonstrates how to make sizzling Oven Barbecued Chicken Breasts. Seasoned and baked on a broiler pan in the oven, these chicken breasts are tender and juicy, and can be turned into delectable barbecued chicken, using your favorite barbecue sauce.

## Ingredients:

2 pounds uncooked chicken breast, trimmed of fat, and cut into fairly equally-sized pieces  
meat tenderizer—No MSG (or salt), to taste  
freshly ground black pepper, to taste  
extra virgin olive oil (to coat the uncooked chicken)  
barbecue sauce of your choice (I used K.C. Masterpiece Original.) Homemade sauce will be great!

Place cleaned, uncooked chicken pieces in a shallow dish. Sprinkle both sides with meat tenderizer (or salt), to taste. Grind black peppercorns over both sides, to taste. Spread both sides generously with extra virgin olive oil. Cover the top and the bottom of your broiling pan with aluminum foil, for an easy clean-up. Cut slits in the foil on top, so that any excess grease that accumulates during cooking will drip through to the bottom. Place the individual pieces of seasoned and oiled chicken on the top of the broiling pan. The baking time will be about 30 minutes in a 400-degree oven. If you want to serve some of the pieces without barbecue sauce, then turn once (after 15 minutes) and remove them to a serving platter after an additional 15 minutes. For the pieces that you want barbecue sauce on, let them bake for 15 minutes, spread the tops and sides with barbecue sauce, and turn them over. Now, let them bake for 10 minutes. Then, spread the tops with barbecue sauce, and let them bake for an additional 5 minutes. Now, all pieces have had 30 minutes of baking. Remove from the oven and place on a serving platter. These are moist and juicy, and will be browned up a little bit. The barbecue sauce can be super easy and quick, if you have a bottled sauce that you like. If you prefer to make a homemade barbecue sauce, just have it ready by the time you need to spread it on the chicken breasts! This is a fabulous way to turn plain chicken breasts into something special—and with very little trouble!