

# Asian Barbeque Chicken Bake



## **INGREDIENTS** (Serves 4 to 6)

- 1 whole chicken, cut into pieces
- 8 ounces of Asian barbeque sauce
- $\frac{3}{4}$  pound red cabbage, cut into  $\frac{1}{2}$ -inch strips
- $\frac{1}{2}$  red pepper, diced
- 1 bunch scallions, diced
- 1 cup water

## **PREPARATION**

1. Preheat oven to 375 degrees F.
2. Rinse and dry chicken pieces. Place them in a bowl with the barbeque sauce and marinate in the refrigerator for 1-3 hours.
3. Prepare the vegetables and place in a casserole dish along with the water.
4. Place the marinated chicken on top of the vegetables. Brush the chicken with the rest of the barbeque marinade and bake uncovered for 20 minutes.
5. Cover with foil and bake another 20-25 minutes. The chicken should have an internal temperature of 165 degrees F.
6. Serve the chicken with the vegetables and juices.

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## SHOPPING LIST

### Produce

Red cabbage  
Red bell pepper  
Scallions

### Grocery

San-J Asian Barbeque sauce (or other brand)

### Meat/Poultry/Fish

Whole chicken, cut up

### Spices/Seasoning

Sea salt

## SERVING SUGGESTION

Serve with black sesame rice, Asian coleslaw or gingered snap peas.

## NUTRITIONAL INFORMATION

Per Serving: 291 calories, 7 g. fat, 118 mg. cholesterol, 9 g. carbohydrate, 2 g. dietary fiber, 45 g. protein, 423 mg. sodium

*The nutritional values and information provided are approximations.*

***This Rush Hour Recipe courtesy of:***

Lakewinds Natural Foods • Minnetonka, Minn.

