

Barbecue Chicken Bake with Rice

What you need:

4 chicken thighs

4 tablespoons of barbecue sauce (sauce should contain 6 grams of sugar or less)

1 Cup of rice

2 teaspoons of garlic powder

1 lime/lemon

Chicken

Preheat your oven to 375

Place skinless chicken thighs in a casserole dish with $\frac{1}{4}$ cup water. Squeeze the lime/lemon and sprinkle garlic powder over the chicken. Top with bbq sauce. Cover with aluminum foil and bake one hour or until inside of chicken is no longer pink.

Rice

Bring two cups of water to a boil. Add one cup of rice. Boil for 3 minutes. Lower heat, cover and let it simmer for 20 minutes. Fluff the rice with a fork.

Spread $\frac{1}{2}$ cup of cooked rice on each plate. Top with one cooked chicken thigh and the natural juices left in the pan.

Makes 4 servings

Calories- 318

Total Fat 5 g

Cholesterol 92mg

Sodium 336 mg

Total carbs 41.3

Protein 27g