WICKER’S LOW CALORIE BBQ CHICKEN

4 boneless chicken breasts (4 oz. each)

1/3 cup unsweetened applesauce

4 oz. mushrooms (fresh)

2 medium zucchini (sliced)

1 cup Wicker’s Mesquite Flavored Marinade & Baste

½ large onion

½ large green pepper

½ teaspoon cumin

Place chicken breast in 8X8 inch pan. Pour on Wicker’s Sauce. Spread

applesauce and vegetables over chicken. Cover and bake at 350 degrees for 1 hour.

Uncover and continue baking at 450 degrees for about ½ hour, until excess juice

is cooked off (basting frequently). At this point you may add more Wicker’s Sauce if

desired. May be made in the A.M. and reheated later.

Makes 4 servings of protein. This chicken is also good cold.