

Make-It-Easy Meal

Baked Barbecue Chicken
Rice Pilaf
Steamed Broccoli (fresh or frozen)
Jell-O™ or Gelatin with Fruit
Milk

Baked Barbecue Chicken

6 chicken pieces
2 cups barbecue sauce



1. Preheat oven to 350°F.
2. Remove skin from chicken pieces. Place chicken in 9 x 12-inch baking pan and cover with tinfoil.
3. Bake for 20 minutes.
4. Remove tinfoil and pour 2 cups barbecue sauce over chicken. Bake chicken, uncovered, for 10 more minutes, or until juices run clear and the meat is no longer pink.

Serves 6.

Shopping List

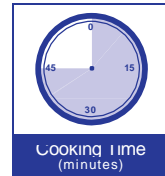
- chicken breasts
- barbecue sauce
- beef, chicken or vegetable broth
- margarine or butter
- rice
- milk
- fruit
- fresh, frozen or canned vegetables
- chopped onion or onion powder
- pepper
- Jell-O™ or gelatin



Rice Pilaf

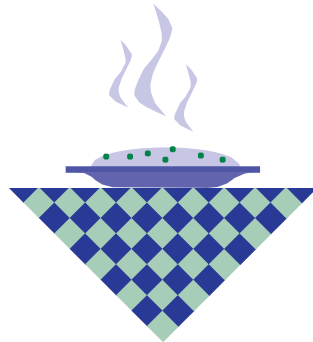
- 2 cups beef, chicken or vegetable broth
- 1 Tbsp. margarine or butter
- 1 cup rice, uncooked
- $\frac{3}{4}$ cup fresh, frozen or canned vegetables (any combination of chopped carrots, celery or green peppers)
- $\frac{1}{2}$ cup chopped onion or $\frac{1}{4}$ tsp. onion powder
- $\frac{1}{4}$ tsp. pepper

1. Preheat oven to 350°F.
2. Bring broth to a boil.
3. Combine boiling broth and margarine in 1-quart casserole dish. Stir until melted.
4. Stir in rice, vegetables, onion and pepper.
5. Cover and bake for 35 minutes or until rice is tender and liquid is absorbed.
6. Remove from oven and let stand, covered, for 5 minutes.



Serves 6.

Tip: Replace the carrots, celery or peppers with $\frac{3}{4}$ cup frozen peas or $\frac{3}{4}$ cup of your favorite fresh vegetables.



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