

Chicken

Barbecue Baked Beans and Chicken

Everyday EverRoast Recipe Book
www.boarshead.com

Servings: 4

1 3/4 cups vegetarian baked beans
1/2 cup Boar's Head Hot & Spicy OR Sweet & Mild Gourmet Barbecue Sauce
1 cup cooked brown rice
2 cups Boar's Head EverRoast Chicken Breast, diced in 1/2-inch pieces
fresh flat-leaf parsley

Preheat the oven to 350 degrees.

Place the beans in a 4-cup casserole dish.

Mix in the barbecue sauce.

Stir in the rice, chicken and parsley.

Bake for 15 minutes or until warmed through.

Per Serving (excluding unknown items): 55 Calories; trace Fat (6.7% calories from fat); 1g Protein; 11g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Grain(Starch).