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# Oven Barbecued Chicken

*Marilyn S Winn - New York*

*North American Potpourri - Autism Directory Service, Inc - 1993*

**2 1/2 to 3 pound broiler-fryer chicken**

**3/4 cup chili sauce**

**2 tablespoons honey**

**2 tablespoons soy sauce**

**1 teaspoon dry mustard**

**1/2 teaspoon prepared horseradish**

**1/2 teaspoon red pepper sauce**

Cut the chicken into pieces. Cut each breast half into halves. Place the chicken pieces, skin side up, in an ungreased 13 x 9 x 2-inch rectangular pan.

In a bowl, mix the chili sauce, honey, soy sauce, mustard, horseradish and pepper sauce. Mix well. Pour the sauce over the chicken. Cover.

Bake in the oven for 30 minutes at 375 degrees. Spoon sauce over the chicken.

Cook, uncovered, until done, about 30 minutes longer.

## **Chicken**

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*Per Serving (excluding unknown items): 192 Calories; 1g Fat (2.5% calories from fat); 4g Protein; 48g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2112mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 3 Other Carbohydrates.*