

Sticky Chicken

325° - 90 minutes - 9 x 13 pan/sprayed with pam

1 cup ketchup

1 cup HONEY!!!!!!!

1 cup brown sugar

1/2 cup soy sauce

1/2 tsp. Garlic powder

Or

1 Tbsp. Minced garlic

1/2 tsp. Cayenne (optional)

Combine ingredients.

Place chicken skin-side down in 9 x 13 pan. (I used skinless chicken breasts.) Pour sauce over chicken.

Bake 45 minutes (uncovered). Turn over chicken and bake an additional 45 minutes (uncovered).

I made a half recipe and used it for 3 chicken breasts and had plenty of sauce.