

# Begging For More Baked Barbecue Chicken

Oven-baked barbecue chicken thighs

## Instruments

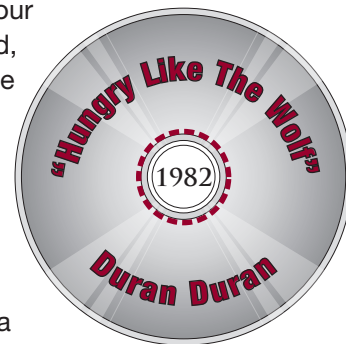
- ½ cup barbecue sauce
- ¼ cup plum sauce
- 1 tbsp freshly squeezed lemon juice
- 1 tbsp reduced-sodium soy sauce
- 2 tsp chili powder
- ½ tsp dry mustard powder
- 12 boneless, skinless chicken thighs (about 2¼ lbs / 1 kg)

## Lyrics

- ♪ In a small bowl, whisk together barbecue sauce, plum sauce, lemon juice, soy sauce, chili powder and mustard powder. Set aside.
- ♪ Spray a 9 x 13-inch baking dish with cooking spray. Arrange chicken thighs in a single layer in dish. Pour sauce over top. Turn chicken pieces to coat both sides.
- ♪ Bake in a 375°F oven, uncovered, for 30 to 35 minutes or until chicken is no longer pink in the center. Remove from oven.
- ♪ Drain off all remaining sauce from baking dish into a small saucepan. Skim off any fat (clear liquid) that remains on the sauce surface. Heat the saucepan over medium-high heat. Cook, stirring occasionally, until sauce reduces and slightly thickens to coat the back of a spoon, about 8 to 10 minutes. Spoon sauce over chicken and serve.

## The Music Behind The Meal

It's dinnertime, your family's gone wild, and they're on the hunt...they're after you! No worries! Bake up these barbecue chicken thighs and have a good time listening to a band like Duran Duran and their song "Hungry Like the Wolf." This saucy dish will have the hungry wolves in your family begging like puppy dogs for more!



### Royalty Had '80s Rhythm!

In 1982, Duran Duran was so successful in the U.K. that Princess Diana proclaimed they were her favorite band!

Volume < Makes 6 servings >

PER SERVING						
calories	total fat	saturated fat	protein	carbohydrate	fiber	sodium
252	6 g	1 g	28 g	20 g	0 g	656 mg



## Quick HITS!

### In a Flash Chicken Burritos

Spread 2 tbsp of your favorite salsa over a whole wheat flour tortilla, leaving a ½-inch border all around. Top with cooked chicken, red pepper slices, chopped green onions, chopped fresh cilantro, and a good sprinkle of your favorite shredded cheese. Roll and pop in the microwave for 30 seconds on high power or until cheese is melted. It's a delicious and nutritious nibble when you're on the run!