

Garlic Brown Sugar Chicken

Garlic Brown Sugar Chicken the best recipe for healthy garlic chicken is that as we know garlic is fortified against immunity against diseases, there is nothing wrong with trying this very easy and delicious healthy recipe

* Ingredients

- ☞ 3 Large spoon brown sugar.
- ☞ 2 small spoon olive oil
- ☞ 3 chicken breasts.
- ☞ 3 minced garlic cloves

* Preparation :

1 – In a skillet, cook oil and garlic until cooked , and stir in the brown sugar .

2 – In a greased circular frying pan, put the chicken breasts and cover them with a mixture of garlic and brown sugar . Add a little salt and water .

3 – Place the pan in a preheated oven until the chicken is brown

SERVE & ENJOY ! it is easy and sweet !