

Garlic Brown Sugar Chicken

Chicken lovers, this one is for you! The easiest and most delicious chicken breasts ever! Check out how I make my garlic and brown sugar chicken.

You'll Need:

2-4 boneless skinless chicken breasts.

4 minced garlic cloves.

4 tbsps of brown sugar.

3 tsps of olive oil.

How to:

Sauté the garlic with oil in a small sauté pan until tender, turn off the heat and stir in the brown sugar.

In a lightly greased casserole dish, place the chicken breasts and cover with the garlic and brown sugar mixture. Season with salt and pepper.

In a preheated oven to 500° bake for 15 to 30 minutes and enjoy!

Easy, peasy and sweet! I serve this chicken with some rice and veggie salad, it's so good! When I cook this, I usually place a layer of tinfoil in the casserole dish and spray it with cooking spray so i can easy clean the casserole!