



Honey Chicken

Ingredients:

4 boneless, skinless, chicken breast halves

salt and pepper to taste

1 tsp dried basil

1/2 cup soy sauce

1/2 cup ketchup

1/3 cup honey

1/4 cup vegetable oil

1/2 tsp chopped garlic

Sprinkle the chicken with salt, pepper and basil. Put them into a 1 gallon freezer bag.

Mix the remaining ingredients and pour them into the 1 Qt freezer bag. Place the small bag inside the large bag, label and freeze.

To serve, thaw the chicken and arrange in a 13 x 9 x 2 inch baking dish treated with nonstick cooking spray. Pour the sauce over the top and bake in a preheated 400 degree oven for 45 minutes. This recipe also grills well.

Serves 4