

## **Sweet & Spicy Italian Chicken**

### **Equipment:**

9 x 13 Baking dish

1 pastry brush

### **Ingredients:**

4 - 6 chicken breasts

1/2 cup brown sugar or coconut sugar

1 packet dry Italian Salad Dressing Mix

Cooking oil ( I used extra virgin olive oil)

Spit chicken in half horizontally and pound chicken breast with a kitchen mallet to tenderize. This part is optional. With a pastry brush, coat both sides of the chicken with oil. In a separate bowl add sugar & the dry Italian Salad dressing packet. Mix well to combine. Sprinkle both sides of the chicken with the sugar mixture. Place in a 9 x 13 baking pan. Top chicken with any remaining brown sugar mixture. Bake at 350 degrees for 40 minutes.

Recipe from [myretrorecipes.com](http://myretrorecipes.com)