



SPICY SWEET GLAZED CHICKEN

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ONE BATCH EQUALS 8 SERVINGS.

INGREDIENTS	X1	X2	X3	X4
Chicken Breasts, boneless skinless	2 pounds	4 pounds	6 pounds	8 pounds
Apricot Preserves (I like fruit juice sweetened)	2/3 cup	1 1/3 cups	2 cups	2 2/3 cups
Soy Sauce, gluten free	1/3 cup	2/3 cup	1 cup	1 1/3 cups
Ketchup, gluten free (I like fruit juice sweetened)	1/3 cup	2/3 cup	1 cup	1 1/3 cups
Garlic, minced	2 teaspoons	4 teaspoons	2 tablespoons	8 teaspoons
Hot Pepper Sauce, gluten & dairy free	1 teaspoon (or to taste)	2 teaspoons (or to taste)	3 teaspoons (or to taste)	4 teaspoons (or to taste)

For immediate cooking: Pre-heat oven to 350 F. Place all ingredients into a large baking dish, turn chicken to coat. Bake until chicken juices run clear, about 20-30 minutes for chicken breasts.

For freezing: Place all ingredients for one batch into a one gallon freezer bag. Remove as much air as possible, seal, label and lay flat in freezer.

To thaw and cook: Take the bag out of the freezer the night before, make sure the baggie is completely closed. Place the bag on a shelf furthest from the freezer (It works best if the bag is laying flat, although this may not be the best option with a side-by-side fridge/freezer). Preheat the oven to 350 F. Empty the contents of the bag into a large baking dish and bake until the juices run clear, about 20-30 minutes for chicken breasts.