

BARBEQUE CHICKEN WITH CORN BREAD TOPPING

A delicious quick dinner made with Jiffy corn mix. Leftover chicken or a rotisserie chicken from a grocery store would be perfect for this recipe.

Makes 8 servings. $\frac{3}{4}$ cup per serving

Ingredients

1 $\frac{1}{2}$ pounds diced cooked boneless skinless chicken breasts and thighs

1 can (15 ounces) red beans (low sodium), rinsed and drained

1 cup chopped green bell pepper

1 can (8 ounces) tomato sauce

$\frac{1}{2}$ cup barbecue sauce

1 package (6 ounces) corn bread mix, plus ingredients to prepare mix

Preparation

Preheat oven to 375F. Spray microwaveable 8-inch baking dish with nonstick cooking spray.

Combine cooked chicken, beans, bell pepper, tomato sauce and barbecue sauce in prepared dish. Loosely cover with plastic wrap or waxed paper.

Microwave on MEDIUM-HIGH (70% power) 8 minutes or until heated through, stirring halfway through.

Meanwhile, prepare corn bread mix according to package directions.

Spoon batter over chicken mixture.

Bake 15 to 18 minutes or until toothpick inserted into center of corn bread layer comes out clean.

recipe from Diabetic Cooking magazine