

BARBECUE CHICKEN & SWEET POTATOES

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at **375 degrees** for **45-55 minutes**.
4. Drizzle barbecue sauce over the meal before serving.

NEEDED FOR SERVE DAY:

1 bottle of your favorite barbecue sauce

PREP TIME: 45-55 mins **SERVES:** 4-6