

## CHICKEN BREASTS

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### Ingredients

2 chicken breasts  
1/2 cup barbecue sauce  
1/4 cup Italian dressing  
2 big tbsp parsley

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### Directions

Put chicken and ingredients in microwave dish. Cover with wax paper and put skin side down first. Cook in Microwave for 10 minutes then place chicken skin side up and cook for approximately another 10 minutes.

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Direct recipe link: <https://www.keyingredient.com/recipes/9520025/chicken-breasts/>