



### **BBQ FriChik**

1 can Loma Linda FriChik, drained  
Kraft Honey BBQ Sauce  
1 tablespoon vegetable oil

Directions: Slice each FriChik into 2-3 thin slices. Poke holes in the slices with a fork. Rinse the slices in water and pat dry with a paper towel.

Brown the slices in a pan with the vegetable oil. Cover and continue to fry, flipping over until both sides are browned. Cover with the barbecue sauce and let simmer until sauce is heated.

Serve with your favorite sides or put on a bun for a BBQ “Chicken” sandwich.

*Submitted by Charlene P. of North Carolina*