



Tender Juicy Chicken



2 medium chicken breasts

1 T salt

1 T pepper

1 T garlic salt

1 T sugar

Slice each chicken breast in half (to 1/4" thickness). Mix salt, pepper, garlic salt and sugar in bowl. Sprinkle seasoning on both sides of each piece of chicken. Lay chicken on foil-lined baking sheet. Broil 4 minutes. Flip over. Broil 4 minutes more. Tent with foil and let sit 10 minutes. Shred with forks and serve warm or cold.