

## Baked Garlic Brown Sugar Chicken: Sweet, Savory, and Irresistible

If you're looking for a quick and flavorful dinner idea, this



**OVEN**  
**500°F**

**TIME**  
**1-2 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

### INGREDIENTS

4 boneless skinless chicken breasts

4 garlic cloves, minced

3 teaspoons olive oil

4 tablespoons brown sugar

Salt and pepper to taste

Instructions:

**Preheat the Oven:** Preheat your oven to 500°F (260°C) and lightly grease a casserole dish to prevent sticking.

**Prepare the Garlic Mixture:** In a small sauté pan, heat the olive oil over medium heat.

Add the minced garlic and sauté for 1-2 minutes, until tender and fragrant.

Remove the pan from heat and stir in the brown sugar until combined into a sticky mixture.

**Assemble the Chicken:** Place the chicken breasts in the prepared casserole dish, spacing them evenly.

Spoon the garlic and brown sugar mixture over each piece of chicken, ensuring they are thoroughly coated.

Season generously with salt and pepper.

**Bake the Chicken:** Bake the chicken, uncovered, for 15-30 minutes, depending on the thickness of the chicken breasts. Check for doneness by ensuring the internal temperature reaches 165°F (74°C).

**Rest and Serve:** Remove the dish from the oven and let the chicken rest for a few minutes before serving. This allows the flavors to meld and

ensures the chicken stays juicy.

Tips for Perfect Garlic Brown Sugar Chicken:

**Adjust Sweetness:** Add an extra tablespoon of brown sugar for a sweeter glaze or reduce it slightly for a more savory flavor.

**Add a Kick:** Sprinkle a pinch of red pepper flakes or drizzle with hot sauce for a touch of heat.

**Use Thighs:** Substitute chicken breasts with boneless, skinless chicken thighs for a juicier result.

Why This Recipe Is a Winner:

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13. Why This Recipe Is a Winner: This Baked Garlic Brown Sugar Chicken is an effortless way to elevate your dinner game. The garlicky brown sugar glaze caramelizes beautifully in the oven, creating a rich, flavorful crust on the chicken. Pair it with roasted vegetables, rice, or mashed potatoes for a complete, satisfying meal.
14. Give this recipe from I : Wuv Cooking a try and watch it become a go-to favorite. Don't forget to share it with friends and family-it's too good to keep to yourself!

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/baked-garlic-brown-sugar-chicken-sweet-savory-and-irresistible/>