

## **It's all about comfort foods**

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When I feel like winter time hits, so does my craving for some hearty, unhealthy comfort foods. As hard as I try, I can't keep myself away from most of them. I guess that is why we all pack on a few extra unwanted pounds over the winter too!

This recipe is just a simple baked chicken, with a little extra something. Serve it with a side salad or your favorite vegetable and you have a meal that screams sweatpants and football. Let me know how yours turns out!

For my family I sometimes will leave out the mustard and barbecue sauce and just use bacon and cheese. This recipe is so very simple to accommodate each family's likes and dislikes.

### **Cheesy Chicken**

4 skinless, boneless chicken breasts  
1 tablespoon vegetable oil  
1/4 cup barbecue sauce  
2 tablespoons prepared mustard  
4 slices bacon, cooked until nearly crisp, and crumble  
2 cups shredded cheddar cheese

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Preheat oven to 350°. Melt butter or margarine in a large skillet over medium high heat. Add chicken breasts and saute until just cooked; don't brown. Place chicken on a lined cookie sheet.

Spread a little barbecue sauce, then a little mustard, evenly on top of each breast. Arrange bacon on each breast, then cover all with cheese.

Bake at 350° for 30 minutes or until chicken is cooked through and juices run clear.