Baked Chicken Skewers

4 boneless chicken cutlets

2 Tablespoons barbecue sauce

4 Tablespoons oil

1 1/4 cup bread crumbs

Cut breasts into 1” strips and season with salt and pepper.

Weave them onto skewers.

Stir together oil and barbecue sauce.

Brush on chicken.

Spread bread crumbs on a sheet of waxed paper and roll chicken in crumbs.

Grill 5 minutes on each side.  (Or bake 20 minutes in a 350 oven.)