

# Barbecue Chicken

*Makes 8 Servings. One piece of chicken  
with sauce per serving*

## Ingredients

3 lbs. chicken (including breast, drumsticks, and thighs), skin and fat removed  
1 large onion, thinly sliced  
3 tbsp. vinegar  
3 tbsp. Worcestershire sauce  
2 tbsp. brown sugar  
Black pepper, to taste  
1 tbsp. hot pepper flakes  
1 tbsp. chili powder  
1 cup chicken stock or broth, fat skimmed from top

## Directions

1. Place chicken in 13 x 9 x 2 inch pan. Arrange onions over top.
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder and stock.
3. Pour mixture over chicken and bake at 350°F for one hour or until done. While baking, baste occasionally.

## Nutrition Content Per Serving:

Calories: 176  
Total Fat: 6 g  
Saturated Fat: 2 g  
Cholesterol: 68 mg  
Sodium: 240 mg  
Total Fiber: 1 g  
Protein: 24 g  
Carbohydrates: 7 g  
Potassium: 360 mg

