

Yield: 8 servings
Calories 176
Total fat 6 g
Saturated fat 2 g
Cholesterol 66 mg
Sodium 240 mg

Ingredients

- ❖ 3 lbs chicken pieces (breast, drumstick, and thigh), 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, skim fat from top

Spicy Southern Barbecued Chicken

Instructions

1. Place chicken in a 13x9x2-inch pan; arrange onions over the top
2. Mix together vinegar, Worcestershire sauce, brown sugar, pepper, hot pepper flakes, chili powder, and stock
3. Pour over the chicken and bake at 350° F for one hour or until done
4. Baste occasionally

Tip

Chicken is high in protein, which lends itself to muscle growth and development, helps support a healthy body weight, and aids weight loss. Chicken is also rich in phosphorus, an essential mineral which supports your teeth and bones, as well as kidney, liver, and central nervous system function.



To help organizations help people shop for, prepare, and serve healthy meals, the National Heart, Lung, and Blood Institute (NHLBI) has created these Keep the Beat Recipes Tools and Resources. Additional information about the recipe may be accessed by visiting <http://www.nhlbi.nih.gov>.

