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.