

## Barbecue Chicken

3 pounds chicken parts (breast, drumstick, and thigh), skin and fat removed  
1 large onion, thinly sliced  
3 Tbsp vinegar  
3 Tbsp Worcestershire sauce  
2 Tbsp brown sugar to taste black pepper  
1 Tbsp hot pepper flakes  
1 Tbsp chili powder  
1 cup chicken stock or broth, fat skimmed from top

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

**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

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