

Spicy Southern Barbecued Chicken

Removing the chicken fat and skin and adding no salt to the tasty sauce makes this chicken favorite heart-healthy.

3 lb 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 C chicken stock or broth, skim fat from top

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 1 hour or until done.
4. Baste occasionally.

Yield: 8 servings--Serving Size: One chicken part with sauce

Each serving provides:

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

Source: <http://www.nhlbi.nih.gov/health/public/heart/other/syah/bbqchick.htm>