

Lemony Barbeque Chicken

Makes: 4 servings

Per serving: Calories 165, Protein 15 gm, Sodium 52 mg, Potassium 190 mg, Phosphorus 420 mg

Ingredients

1 whole chicken (3 lb)
½ cup fresh lemon juice
½ tsp black pepper
1 tsp liquid smoke
1 tsp dried thyme, crushed
2 TBSP grated onion
2 cloves garlic, minced

Directions

Barbeque Sauce

1. Combine lemon juice, pepper, liquid smoke, and thyme in a small mixing bowl and mix well.
2. Add onions, garlic, toss to coat.
3. Cover and refrigerate at least 24 hours.

Chicken

1. Split chicken.
2. Place chicken in a baking dish, skin side down, and bake uncovered at 350°F for 30-35 minutes.
3. Baste chicken with barbecue sauce, cover and return chicken to oven.
4. Bake chicken 40-45 minutes longer, basting occasionally with barbecue sauce.
5. Turn chicken side up during last 20 minutes of baking to allow for browning. Leave uncovered. Remove from oven when tender and well done.