



## Onion and Lemon Chicken

### INGREDIENTS

4 TBS Dried Onion Flakes	3 TBS Nutritional Yeast
3 TBS Garlic powder	1 TBS dried Oregano
1 TBS Balsamic Vinegar	2 TBS Olive Oil
½ Lemon; juiced	2 lbs chicken; 4 thighs or breasts (8 oz. each) with skin

### DIRECTIONS

Preheat oven to BROIL. Combine all ingredient EXCEPT chicken in a bowl. Mix thoroughly to form a paste. Set aside. Rinse chicken and place on baking sheet. Leave a small patch of skin on top for the mixture to adhere. Spread as much as possible onto each piece. Place under broiler for 2 minutes. Check to see if paste/coating has browned. If not, broil again for another 2 minutes. Repeat until paste is browned. Turn oven temperature to 325 and bake chicken for 20-25 minutes until the internal temp is 160 degrees. Serve hot or cold. Makes 4 servings at 300 calories each.