

## Holts Yummy Chicken

### Last chance barbeque of the season!

Portions: 4  
Serving size: 2

#### Ingredients

8 Chicken thighs and/or legs, bone in, skinless  
1 cup apple cider vinegar  
½ cup vegetable oil  
1 egg (beaten)  
2 tbsp fresh parsley  
2 tsp poultry seasoning  
½ tsp salt (\*\*see below)

#### Preparation

Place chicken in heavy duty ziplock bag. Mix together apple cider vinegar, vegetable oil, egg, fresh parsley, poultry seasoning and salt. Pour over chicken. Seal bag and shake to ensure all chicken pieces covered with marinade. Marinate chicken overnight or at least 6 hours. Lightly brush barbeque grill with oil to help prevent sticking (or place chicken in grill basket if you have one). Preheat barbeque. Place chicken on barbeque and discard marinade. Cook chicken to internal temperature 165F. Enjoy!

**Renal and diabetic food choices:** 4 protein, 2 fat

**Nutrients per serving:** 225 calories, 28g protein, 0g carbohydrate, 300 mg sodium, 200 mg potassium, 180 mg phosphorus

\*\*Much of the salt and oil in the marinade will be discarded as the marinade is not used in the cooking process.

\*\*If you do not have a barbeque, you could bake the chicken in the oven (without the marinade).

\*\*You can use up to ~15 pieces of chicken for the marinade above without needing to double the recipe.