

## **Kentucky Bourbon Barbeque Chicken**

**SOURCE:** [www.lowcarbbluxury.com/recipes](http://www.lowcarbbluxury.com/recipes)

### **Ingredients:**

- 8 pieces chicken (breasts, thighs, legs or your favorites)
- 1/4 C butter
- 1/4 C Kentucky Bourbon whiskey
- 1/4 C unsweetened tomato sauce
- 2 tsp Brown Sugar Twin
- 2 packets Splenda
- 1 tsp salt
- 1/2 tsp dry mustard
- 1/2 tsp ground black pepper
- 1/2 tsp ground red pepper
- 1/2 t tsp onion powder or sprinkling of finely diced onion

### **DIRECTIONS:**

Preheat oven to 325° F.

Melt butter in skillet - brown chicken on all sides. Transfer chicken to baking dish. Add other ingredients to pan/skillet, stirring to loosen browned particles that cling to bottom. Warm completely; then pour over chicken in baking dish. Try to distribute sauce as evenly as possible. Cover and bake chicken at 325°F for 45 minutes. Uncover, baste and cook uncovered an additional 15 minutes.

Serves 4 (Approximately 3 carbs per chicken piece)