



Lemon Chicken Wings

Ingredients:

½ cup chicken broth
¼ cup fresh lemon juice
3 tbsp. Splenda
1 tbsp. olive oil
1 tsp. salt
1 tsp. dill
¼ tsp. freshly ground black pepper
2 pounds of chicken wings

Directions:

Combine the chicken broth, lemon juice, Splenda, olive oil, salt, pepper, as well as dill in a large bag.

Place the chicken wings in the bag and shake to fully coat.

Place in the fridge and let marinate for about 2 hours or overnight.

Once finished, place on a large non-stick baking tray and bake in a pre-heated oven at 400 degrees for about 60-80 minutes or until lightly brown. Remove and serve.

Nutritional information (makes 8 servings): 155 calories, 11 grams of fat, 0 grams of carbs, 14 grams of protein