

Baked Chicken with Vegetables

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/baked-chicken-vegetables>

Ingredients

- 4 potatoes (sliced)
- 6 carrots (sliced)
- 1 large, quartered onion
- 1 chicken (raw,-cut into pieces, skin removed)
- ½ cup water
- 1 tsp. thyme
- ¼ tsp. pepper

Instructions

1. Preheat oven to 400 degrees Fahrenheit.
2. Place potatoes, carrots, and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake at 400 degrees Fahrenheit for one hour or more until browned and tender.

Makes 6 servings

Nutrition information per serving:

Calcium	6% DV
Calories	240
Carbohydrate	7 g
Dietary Fiber	4 g
Iron	15% DV
Protein	26 g
Total Fat	3.5 g
Saturated Fat	1 g
Sodium	130 mg
Vitamin A	210% DV
Vitamin C	45% DV



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