

Baked Chicken with Vegetables

Makes: 6 servings

Roast carrots, potatoes, and onion are cooked along with chicken for a co

Ingredients

- 4 potatoes (sliced)
- 6 carrot (sliced)
- 1 onion (large, quartered)
- 1 chicken (raw, - cut into pieces, skin removed)
- 1/2 cup water
- 1 teaspoon thyme
- 1/4 teaspoon pepper

Directions

1. Preheat oven to 400 degrees.
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 for one hour or more until browned and tender.

Source: University of Wisconsin, Cooperative Extension Service, Go with Chicken Eau Claire County, 2002

Nutrition Information

Nutrients	Amount
Calories	240
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	75 mg
Sodium	130 mg
Total Carbohydrate	25 g
Dietary Fiber	4 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	26 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	