

Baked Chicken with Vegetables

Rating: ★★★★★

Makes: 6 servings

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.

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

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	240	
Total Fat	3.5 g	5%
Protein	26 g	
Carbohydrates	25 g	8%
Dietary Fiber	4 g	16%
Saturated Fat	1 g	5%
Sodium	130 mg	5%