

## Baked Chicken with Vegetables

Serving Size: 1/6 of recipe

Yield: 6 servings

### Ingredients:

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

### Instructions:

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.

### Cost:

Per Serving: \$1.07

Nutrition Facts	
Serving Size 1/6 of recipe (314g)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 190	<b>Calories from Fat</b> 30
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	% Daily Value*
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 75mg	<b>25%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 6g	
<b>Protein</b> 26g	
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Vitamin A 210%	• Vitamin C 40%
Calcium 6%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	
	Calories    2,000    2,500
Total Fat	Less Than 65g    80g
Saturated Fat	Less Than 20g    25g
Cholesterol	Less Than 300mg    300 mg
Sodium	Less Than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
<small>Calories per gram:</small>	
Fat 9 • Carbohydrate 4 • Protein 4	