

Baked Chicken with Veggies

Looking for a simple, healthy one-dish meal? Try this one today.

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

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

Yield: 6 servings. **Per serving:** 190 calories, 3.5 g. fat, 75 mg. cholesterol, 135 mg. sodium, 13 g. total carbohydrate, 26 g. protein. **Source:** www.usda.gov

