Baked Lemon Chicken

**Ingredients**

- 3½ pounds chicken (skinned and cut into 10 pieces)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1½ cloves of garlic (thinly sliced) or 1 teaspoon garlic powder
- 4 thyme sprigs (fresh) or 1 teaspoon dried thyme
- 3 cups onion (thinly sliced)
- ½ cup chicken stock (or water)
- ¼ cup lemon juice
- 1 lemon (sliced into 10 slices, seeds removed)

**Directions**

1. Combine salt, pepper, garlic and thyme.
2. Lay chicken pieces into a 11x13 baking pan. Sprinkle seasonings over chicken.
3. Combine onions, stock and lemon juice in a sauce pan. Heat to a boil.
4. Pour hot lemon mixture around chicken. Top each chicken piece with a lemon slice.
5. Bake for 30 minutes at 400°F until golden brown and juices are clear-colored.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>Calories</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Sugars</th>
<th>Protein</th>
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<tr>
<td></td>
<td>450</td>
<td>11g</td>
<td>3g</td>
<td>33mg</td>
<td>1310mg</td>
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The Family Nutrition Program gives you the tools to make important decisions about your family’s health and well-being.

Make half your plate fruits and vegetables.

Choose water over sugary drinks.

Make a grocery list before you shop.

For information on free classes:
Adrian Kohrt • 907-474-7930
amkohrt@alaska.edu
www.uaf.edu/ces/hhfd/fnp
www.uaf.edu/ces • 1-877-520-5211

This material was funded by the USDA/Supplemental Nutrition Assistance Program and USDA/National Institute of Food and Agriculture’s Expanded Food and Nutrition Education Program.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-465-3347. UAF is an AA/EO employer and educational institution.

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