



# #UAEX Living Well



## Chicken and Veggie Bake

- 1 cup low-fat or fat-free Italian salad dressing
- 4 boneless skinless chicken breast halves
- 4 medium potatoes, scrubbed or peeled, thinly sliced
- 1 medium onion, sliced into rings
- 1 (10 oz.) package frozen cauliflower & broccoli mix (thawed and drained)
- 1 (10 oz.) container frozen carrots (thawed & drained)
- 1 teaspoon black pepper

1. Preheat oven to 400°F.
2. Tear off 2 large pieces of foil and spread ½ of the dressing in the center of one piece of the foil.
3. Layer the chicken, potatoes and onions in foil and cover with the rest of the dressing.
4. Add cauliflower/broccoli mix and carrots; sprinkle with pepper. Cover with foil (seal edges well) and bake for 1 hour and 15 minutes, or until chicken reaches 165°F.

Nutrition Facts	
4 servings per recipe	
<b>Serving size</b>	(555g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>420</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fats 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>
<b>Sodium</b> 990mg	<b>45%</b>
<b>Total Carbohydrate</b> 60g	<b>20%</b>
Dietary Fiber 9g	<b>35%</b>
Sugars 14g	
Includes 0g added sugars	<b>0%</b>
<b>Protein</b> 37g	
Vitamin D 0mcg	0%
Calcium 440mg	8%
Iron 10mg	15%
Potassium 6720mg	35%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.