



Baked Lemon Chicken

Makes: 5 servings

Ingredients

- 3 ½ pounds chicken
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1 ½ garlic cloves (thinly sliced, or 1 tsp. garlic powder)
- 4 thyme sprigs (or 1 tsp. dried thyme)
- 3 cups onion (thinly sliced)
- 1 ½ cups chicken stock
- ¼ cup lemon juice
- 1 lemon (cut into 10 slices)

Preparations

- 1) Skin chicken and cut into 10 pieces. Lay chicken pieces in a 11-by-13-inch baking pan.
- 2) Combine seasonings (salt, pepper, garlic and thyme) and sprinkle over the chicken.
- 3) Combine onions, chicken stock and lemon juice in a sauce pan. Heat mixture to a boil.
- 4) Pour hot lemon mixture around the chicken.
- 5) Top each chicken piece with a lemon slice.
- 6) Bake at 400 F for 30 minutes.

Nutritional Information

(per serving)

Total calories	261
Total fat	5 g
Protein	40 g
Sodium	521 mg
Carbohydrates	12 g
Dietary fiber	2 g
Saturated fat	1 g
Total sugars	5 g

Source: U.S. Department of Agriculture (USDA)