

Lemon Pepper Chicken and Veggies

Chicken with a twist in the Slow Cooker!

4 servings

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Ingredients:

2 cloves garlic
4 carrots
4 potatoes
4 chicken thighs or legs, skin removed
2 teaspoons lemon pepper seasoning
1 can (14.5 ounces) chicken broth

Chef's Choice

Lemon Pepper Chicken and Veggies
Kiwi slices
Biscuit
Low fat milk

Directions: 1. Lightly coat slow cooker with cooking spray. 2. Peel and mince garlic. 3. Wash, peel and slice carrots approximately 1/2-inch thick. 4. Wash, peel and cut potatoes into 1-inch chunks. 5. Layer carrots, potatoes, garlic and chicken in slow cooker. 6. Sprinkle with lemon pepper seasoning; add chicken broth and cover. 7. Cook on low setting 8 to 10 hours or on high 4 to 5 hours.

Nutrition Facts: One thigh/veggies serving provides 530 calories, 16g total fat, 80mg cholesterol, 260mg sodium, 73g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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