

# Lemon Pepper Chicken and Veggies

Chicken with a twist in the Slow Cooker!



Level: Medium

Serves: 4

## Kids' Tool Kit

Slow cooker  
Cooking spray  
Cutting board  
Sharp knife  
Vegetable peeler  
Measuring spoons  
Can opener  
Thermometer



## 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



## Directions:

**Remember to wash your hands!**

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.

## Chef's Choice

Lemon Pepper  
Chicken and  
Veggies  
Kiwi slices  
Biscuit  
Low fat milk



**Helpful Hints:** Get a head start on this meal by preparing the chicken and vegetables the night before. Prepare potatoes and place in a bowl of water covered tightly with plastic wrap. Peel and cut carrots and store in a covered bowl or use baby carrots. Remove skin from chicken, place in bowl and cover. Store meat and veggies in refrigerator until time to assemble ingredients.

## Nutrition Facts

Serving Size 1 thigh/veggies (640g)  
Servings Per Container 4

Amount Per Serving

Calories 530    Calories from Fat 140

% Daily Value\*

Total Fat 16g    24%

Saturated Fat 4.5g    23%

Cholesterol 80mg    27%

Sodium 260mg    11%

Total Carbohydrate 73g    24%

Dietary Fiber 10g    41%

Sugars 7g

Protein 26g

Vitamin A 180%    •    Vitamin C 130%

Calcium 8%    •    Iron 25%

\*Percent Daily Values are based on a 2,000

calorie diet. Your daily values may be higher or

lower depending on your calorie needs:

Calories: 2,000    2,500

Total Fat    Less than 65g    80g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



**Safety Tips:** Use cutting board to cut vegetables first and then remove skin and fat from chicken. Wash hands, counter tops, cutting board and knife in hot, soapy water when you are done.

Before eating, check the temperature of chicken to be sure it is done. Chicken should reach an internal temperature of 180 degrees. Be sure to take the temperature in the thickest portion of the chicken (be sure the tip is not sticking out!) Keep the thermometer in the chicken until the gauge stops moving.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).