

Basic Baked Chicken

Makes: 5 Servings

Make a main dish easily by using this basic recipe for baked chicken. Cooked, frozen chicken can be used in many different ways such as in sandwiches, soups, salads, and casseroles.

Ingredients

1 pound chicken (cut-up and thawed)

nonstick cooking spray

1 teaspoon garlic powder

1 teaspoon pepper

salt (if you like)

Directions

1. Preheat oven to 350 degrees F.
2. Spray baking pan or oven-safe baking dish with nonstick cooking spray.
3. Cover chicken with garlic powder and pepper. If using salt, add that too.
4. Bake for one hour. Insert a thermometer into the thickest part of the chicken not touching the bone. Chicken is safe to eat when temperature reaches 165 degrees F for 15 seconds, as measured with a food thermometer.
5. Do not cover pan or turn chicken while baking.

Nutrition Information

| Nutrients | Amount |
|---------------------------|---------------|
| Calories | 160 |
| Total Fat | 7 g |
| Saturated Fat | 2 g |
| Cholesterol | 70 mg |
| Sodium | 350 mg |
| Total Carbohydrate | N/A |
| Dietary Fiber | N/A |
| Total Sugars | N/A |
| Added Sugars included | N/A |
| Protein | 23 g |
| Vitamin D | N/A |
| Calcium | 14 mg |
| Iron | 1 mg |
| Potassium | N/A |

N/A - data is not available

Notes

Tip: Serve hot with rice or pasta and lots of vegetables.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder