



Dinner Tonight!

Oven-Roasted Chicken and Vegetables

Meat from one chicken, cooked
2 cups ready-to-eat petite carrots
2 cups frozen potato wedges (with or without skins)
1 cup frozen green beans
1 cup frozen bell pepper and onion stir-fry
1 cup grape tomatoes
3 Tablespoons olive oil
1/2 teaspoon seasonings (preferably the no-salt options)

Preheat oven to 475 degrees. In a large bowl, toss carrots, potatoes, green beans, bell pepper and onion stir-fry, tomatoes, olive oil, and seasonings. In a 15x10x1 inch pan, arrange chicken and vegetables. Roast uncovered 20-25 minutes or until vegetables are crispy tender and chicken is hot.

Serves: 5
Cost per serving: \$2.00

Nutrition facts per serving
Calories: 448
Total fat: 5 g
 Saturated fat: 5 g
 Trans fat: 0 g
Cholesterol: 110 mg
Sodium: 1002 mg
Total Carbohydrate: 37 g
 Dietary fiber: 7 g
 Sugars: 6 g
Protein: 27 g

This recipe courtesy of Betty Crocker