Baked Chicken With Vegetables

**SERVINGS: 6**

**INGREDIENTS**

4 potatoes, sliced
6 carrots, sliced
1 large onion, quartered
1 chicken, raw, cut into pieces with skin removed
½ cup water
1 teaspoon thyme
¼ teaspoon pepper

**DIRECTIONS**

1. Preheat oven to 400 degrees.
2. Place potatoes, carrots and onions in a large roasting pan.
3. Put chicken pieces on top of the vegetables.
4. Mix water, thyme and pepper. Pour over chicken and vegetables.
5. Spoon juices over chicken once or twice during cooking.
6. Bake for one hour or more until browned and tender.

**NUTRITIONAL VALUES**

Serving size: ? of recipe
Calories: 240
Carbohydrate: 25 grams
Sugar: 10 grams
Fat: 3.5 grams
Protein: 26 grams
Sodium: 130 milligrams
Fiber: 4 grams