

Main

# Barbecued Chicken

Cost: Per Recipe: \$7.54 Per Serving: \$1.88

## Barbecued Chicken

Serving Size: 1-2 pieces  
Yield: 4 Servings

### Ingredients:

4 skinless breasts or 4 legs with thighs  
1 cup barbecue sauce  
1 green pepper, sliced  
2 carrots, sliced  
2 potatoes, thinly sliced  
salt and pepper to taste

### Instructions:

1. Preheat oven to 350°F.
2. Put aluminum foil on baking sheet.
3. Pour half of barbecue sauce onto middle of foil.
4. Place chicken on sauce. Pour remaining sauce over chicken.
5. Top chicken with vegetables.
6. Cover chicken-vegetables mixture with another sheet of foil. Roll or fold edges of top and bottom sheets of foil together.
7. Bake for about 40 minutes. Serve hot.
8. Refrigerate any leftovers.

### Nutrition Per Serving:

Calories 305, Calories from Fat 54, Protein 33.6g  
Fat 6g (sat 1.5g), Carbohydrate 18g, Fiber 4g  
Cholesterol 8.5mg, Sodium 597mg, Sugar 2g

**Grains:** 6 oz. every day

**Vegetables:** 2 ½ cups every day

**Fruits:** 2 cups every day

**Milk:** 3 cups every day

**Meat & Beans:** 5 ½ oz. every day

**Fats, oils, and sweets:** eat sparingly

*\*suggested serving sizes are based on 2,000 calorie diet.*

## Choose from a variety of foods

No single food or meal makes or breaks a healthy meal plan.

My Pyramid places foods in categories to help guide your food choices. No single food provides all of the nutrients that your body needs, so eating a variety of foods within each group ensures that you get the necessary nutrients and other substances that promote good health.

Call your local health department for more information.



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[www.LCDHD.org](http://www.LCDHD.org)

See how to make this and all the recipes in this book on "Good Health IS Possible" DVD.



For more healthy and affordable meals, check out <http://recipefinder.nal.usda.gov/>

