

Baked Lemon Chicken

January 2021



Makes: 5 servings

Ingredients

3 ½ pounds whole chicken
(skinned, cut into 10 pieces)
¼ tsp. salt
¼ tsp. pepper
1 ½ cloves of garlic (thinly sliced)
4 tsp. thyme sprigs (about four fresh sprigs)
3 cups onion (thinly sliced)
1 ½ cups chicken stock
¼ cup lemon juice
1 lemon (seeded, sliced into 10 slices)

Nutritional information for 1 serving

Calories	261
Total fat	5 g
Saturated fat	1 g
Cholesterol	123 mg
Sodium	521 mg
Total carbohydrate	12 g
Dietary fiber	2 g
Total sugars	5 g
Added sugars included	0 g
Protein	40 g

Directions

1. Combine salt, pepper, garlic and thyme in a small bowl.
2. Lay chicken pieces on an 11-by-13-inch baking pan. Sprinkle seasonings over chicken.
3. Combine onions, stock and lemon juice in a saucepan. Heat to a boil.
4. Pour the hot lemon mixture around the chicken, and then top each chicken piece with a lemon slice.
5. Bake for 30 minutes at 400 F until chicken is golden brown and its juices are clear-colored.