



# RECIPE

October 15, 2010

## Lemon Basil Chicken and Potato Bake

Time: Prep 5 minutes; Cook 1 hour. Makes 6 servings

Vegetable cooking spray  
8 medium red potatoes, peeled and cut crosswise into ½-inch-thick slices  
1 cup canned no-salt-added chicken broth  
1/2 cup dry white wine  
1/4 cup fresh lemon juice  
8 cloves garlic, minced  
6 (6-ounce) skinned chicken breast halves  
1 pound fresh or frozen green beans  
1 tablespoon olive oil  
1/2 teaspoon salt  
1/2 teaspoon freshly ground pepper  
12 thin slices lemon

1. Coat a 13x9x2-inch pan with cooking spray. Arrange potatoes in pan. Combine broth and next three ingredients; pour half of broth mixture over potatoes. Bake uncovered, at 375F for 15 minutes.

2. Add chicken and green beans to pan, and pour remaining broth mixture over chicken, beans, and potatoes. Brush chicken with oil. Sprinkle with salt and pepper. Top each chicken breast with 2 lemon slices.

3. Bake uncovered, 45 additional minutes or until chicken is done and potatoes are tender, basting often with pan juices.\*\*

\*\* To quicken cooking time, you may incorporate microwave into this recipe. At step 3, place chicken, green beans, and potatoes in microwave, uncovered, on high for 10 minutes and reduce baking time to 15 minutes.

Per Serving:  
Calories 300  
Carbohydrate 34.3g  
Protein 30.2g  
Fat 4.0g  
Fiber 2.9g  
Cholesterol 66mg  
Sodium 28.3mg  
Calcium 36mg  
Exchanges: 2 Grain, 3 Lean Meat

Taken from *The One Pot Deal Cooking Class*, by Colleen Lammel, RD,LD