

# Lemon Pepper Chicken and Veggies

*This recipe makes 4 servings*

## Ingredients:

- 2 cloves garlic
- 4 carrots
- 4 potatoes
- 4 chicken thighs or legs, skin removed
- 2 teaspoons lemon pepper seasoning
- 1 can (14.5 ounces) chicken broth

## Directions:

1. Lightly coat slow cooker with cooking spray.
2. Peel and mince garlic.
3. Wash, peel and slice carrots approximately 1/2-inch thick.
4. Wash, peel and cut potatoes into 1-inch chunks.
5. Layer carrots, potatoes, garlic and chicken in slow cooker.
6. Sprinkle with lemon pepper seasoning; add chicken broth & cover.
7. Cook on low setting 8 to 10 hours or on high 4 to 5 hours.

## Nutrition Facts:

Serving Size, 1 thigh/veggies (640 g)

Amount Per Serving - Calories 530 Calories from Fat 140

Fat 16 g, Saturated Fat 4.5 g, Cholesterol 80 mg, Sodium 260 mg, Total Carbohydrate 73 g, Dietary Fiber 10 g, Sugars 7 g, Protein 26 g

Recipe courtesy of K-State Research & Extension Family Nutrition Program - Kids a Cookin' at <http://www.kidsacookin.ksu.edu/>

The Family Day campaign in Kansas is supported by Kansas Department of Social and Rehabilitation Services-Addiction and Prevention Services, Blue Cross and Blue Shield of Kansas Foundation & coordinated by Kansas Family Partnership, Inc.

## The benefits of frequent family meals:

- Kids are more likely to stay away from cigarettes.
- They're less likely to drink alcohol.
- Everyone eats healthier meals.
- Kids will feel like you're proud of them.
- School grades will be better.
- There will be less stress and tension at home.

The information above is available on WebMD at this website:  
<https://children.webmd.com/guide/family-dinners-are-important>

