Lemon Chicken with Potatoes and Carrots

If you are looking for simplicity, then this recipe is for you. Although it is really easy to prepare, it turns out to be very flavourful. This is a perfect weekday dinner staple that everybody will enjoy!

Prep: 20 minutes • Total: 8 hours (in slowcooker)

Ingredients:

Chicken, boneless, skinless	6 each	24 oz
Carrots, chopped	2.5 cups	645 mL
Onion, medium, diced	1 cup	250 mL
Red potatoes, diced	4 cups	1 L
Lemon juice	2 Tbsp	30 mL
Olive oil	¼ cup	60 mL
Oregano, dried	1 tsp	5 mL
Salt	1 tsp	5 mL
Pepper, black	1 tsp	5 mL
Onion powder	2 tsp	10 mL
Garlic cloves, minced	4 each	4 each

Directions:

1. Label a gallon-size freezer bag with the name of the recipe, cooking instructions, and "use-by" date.
2. Prepare all ingredients up until potatoes and put into the gallon-size Ziploc bag.
3. Mix the rest of the ingredients in a small bowl. Pour into a sandwich-size Ziploc bag and put it inside of the gallon-size bag (small bag will make it easier to remove seasoning when thawed).
4. Remove as much air as possible, seal, and freeze up to 3 months.
5. When ready to eat, thaw overnight in the refrigerator or in a bowl of cold water.
6. To prepare: Start by placing the chicken in the center of a slow cooker. Next add the carrots, onions and potatoes. Dump the seasoning packet contents into the slow cooker.
7. Cover and cook on high for 8 hours, without opening the lid during the cooking time.

Nutrition Facts

Serving Size (467g)
Servings Per Container

Amount Per Serving

Calories 560 Calories from Fat 160

	% Daily Value*
Total Fat 18g	**28%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 145mg	**48%**
Sodium 800mg	**33%**
Total Carbohydrate 38g	**13%**
Dietary Fiber 6g	**24%**
Sugars 8g	
Protein 60g	

Vitamin A 270% • Vitamin C 40%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Makes 6 servings (467 g / serving) • 1 serving = 1 breast and 2 cups veggies

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