

Chicken

Indian Baked Chicken

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Servings: 6

Preparation Time: 15 minutes

Bake Time: 1 hour

1 pound small red potatoes, quartered
4 medium carrots, cut into 1-inch pieces
1 large onion, cut into 1-inch pieces
6 (about 1 1/2 pounds) boneless/ skinless chicken thighs
1 can (14 1/2 oz) chicken broth
1 can (6 oz) tomato paste
2 tablespoons olive oil
1 teaspoon ground turmeric
1 teaspoon chili powder
1 teaspoon ground cumin
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon pepper

Preheat oven to 400 degrees.

Place the potatoes, carrots and onion in a greased 13x9-inch baking dish.

Add the chicken.

In a small bowl, combine the broth, tomato paste, olive oil, turmeric, chili powder, cumin, salt, garlic powder and pepper. Pour over the top of the casserole.

Cover and bake for 1 to 1 1/4 hours or until a meat thermometer inserted into the chicken reads 180 degrees and the vegetables are tender.

Per Serving (excluding unknown items): 97 Calories; 5g Fat (44.9% calories from fat); 3g Protein; 12g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 500mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Vegetable; 1 Fat.