

PantryPress



Baked Lemon Chicken

Serves: 5

Ingredients

3 1/2 pounds whole chicken, skinned and cut into 10 pieces
 1/4 teaspoon salt
 1/4 teaspoon ground black pepper
 1 1/2 cloves of garlic, thinly sliced (or 1 tsp garlic powder)
 4 teaspoons fresh thyme (or 1 tsp dried thyme)
 3 cups medium onion, thinly sliced
 1 1/2 cups chicken broth, low sodium (or water)
 1/4 cup lemon juice
 1 lemon (sliced into 10 slices, seeds removed)

Directions

1. Combine salt, pepper, garlic, and thyme.
2. Lay chicken pieces into a 11x13 inch baking pan. Sprinkle seasonings over chicken.
3. Combine onions, broth, and lemon juice in a saucepan. Heat to a boil.
4. Pour hot lemon mixture around chicken. Top each chicken piece with a lemon slice.
5. Bake for 30 minutes at 400 °F until golden brown and juices are clear colored.

Nutrition Info

269 Calories
 6g Fat
 12g Carbohydrates
 41g Protein
 285mg Sodium

Related Links:

https://www.dietaryguidelines.gov/sites/default/files/2021-03/Dietary_Guidelines_for_Americans-2020-2025.pdf

<https://www.myplate.gov/>

Importance of a Balanced Diet

Eating a balanced diet is important for providing the nutrition your body needs to function properly and help protect against sickness, disease, infection, fatigue, and poor performance. Children especially need to eat a well-balanced diet for proper growth and development. Eating a balanced diet will help promote good health and help you to feel your best. Sometimes this can be difficult to achieve when you have limited food resources. Look to see if your pantry has spotlight signs that point out fruits, veggies, or healthier options. Add a couple of treat items too but remember they do not add much by way of needed nutrients and can add empty calories to your family's diet.

What a Balanced Diet Looks Like

A balanced diet includes eating a variety of foods from the main food groups listed below:

- **Fruits** – all types and colors, especially whole fruit
- **Vegetables** – all types and colors; beans, peas, and lentils too
- **Grains** – at least half should be whole-grain; rice, bread, crackers, pasta, and oats
- **Dairy** – includes low-fat milk, yogurt, and cheese
- **Protein foods** – includes meats, poultry, eggs, seafood, beans, peas, lentils, nuts, and seeds

When you visit a food pantry, look for all of these food categories and choose some family favorites for your food box.

What a Balanced Diet looks like on Your Plate

A balanced diet plate consists of half fruits and vegetables, with slightly more vegetables; and the other half consists of grains and protein, with slightly more grains, as pictured below. A serving of dairy (or fortified dairy alternative) should be included at each meal as well. Use your pantry, WIC or SNAP foods to help build a balanced plate.

Visit [MyPlate.gov](https://www.myplate.gov) for more nutrition information and budget-friendly meal ideas to help you balance your plate.

