

Chicken Maque Choux

Jill Melton, Editor
Relish Magazine - September, 2013

Servings: 4

1 tablespoon garlic powder
1 tablespoon onion powder
1 teaspoon cumin
1 teaspoon cinnamon
1 teaspoon sugar
1/2 teaspoon salt
1/2 teaspoon black pepper
8 chicken thighs
1 tablespoon oil
1 cup green onions, chopped
4 cups (about 6 ears) fresh corn kernels
1 large tomato, chopped
1 red bell pepper, chopped

Preheat the oven to 375 degrees.

Combine the garlic powder, onion powder, cumin, cinnamon, sugar, salt and black pepper. Rub on the chicken thighs.

Heat the oil in a large ovenproof skillet. Add the chicken and cook until browned, about 5 minutes per side. Transfer to a plate.

In a 13x9-inch pan, combine the onions, corn, tomato and bell pepper. Place the chicken on top of the corn mixture.

Cover and bake for 15 minutes. Uncover and bake for 15 minutes more.

Per Serving (excluding unknown items): 614 Calories; 34g Fat (47.7% calories from fat); 39g Protein; 44g Carbohydrate; 6g Dietary Fiber; 158mg Cholesterol; 424mg Sodium. Exchanges: 2 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	614	Vitamin B6 (mg):	.9mg
% Calories from Fat:	47.7%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	27.7%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	24.6%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	34g	Folacin (mcg):	101mcg
Saturated Fat (g):	9g	Niacin (mg):	13mg
Monounsaturated Fat (g):	14g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	8g	Alcohol (kcal):	0

Cholesterol (mg):	158mg
Carbohydrate (g):	44g
Dietary Fiber (g):	6g
Protein (g):	39g
Sodium (mg):	424mg
Potassium (mg):	946mg
Calcium (mg):	69mg
Iron (mg):	4mg
Zinc (mg):	4mg
Vitamin C (mg):	83mg
Vitamin A (i.u.):	2474IU
Vitamin A (r.e.):	303RE

% Daily Value* 0 0%

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	4 1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 614 Calories from Fat: 293

% Daily Values*

Total Fat 34g	52%
Saturated Fat 9g	44%
Cholesterol 158mg	53%
Sodium 424mg	18%
Total Carbohydrates 44g	15%
Dietary Fiber 6g	24%
Protein 39g	
<hr/>	
Vitamin A	49%
Vitamin C	138%
Calcium	7%
Iron	22%

* Percent Daily Values are based on a 2000 calorie diet.