

Chicken

Vegetable Chicken

Taste of Home One -Dish Meals

Servings: 4

1 3 1/2 to 4 pound broiler/fryer chicken, cut up and skin removed

2 cups celery, sliced

2 cups fresh or frozen cut green beans

1 1/2 cups carrots, sliced

1 large onion, sliced

1 small zucchini, diced

1 can (14 1/2 oz) diced tomatoes, undrained

3 tablespoons quick-cookin tapioca

1 tablespoon sugar

2 teaspoons salt, optional

1/2 teaspoon pepper

Preheat oven to 350 degrees.

In an ungreased 13x9-inch baking dish, place the chicken, celery, green beans, carrots and onion.

In a small bowl, combine the zucchini, tomatoes, tapioca, sugar, salt if desired and pepper. Pour over the chicken and vegetables.

Cover tightly and bake for 1 1/2 hours or until chicken juices run clear and vegetable mixture thickens. Stir vegetables occasionally during baking.

Per Serving (excluding unknown items): 70 Calories; trace Fat (4.9% calories from fat); 2g Protein; 16g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1141mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.