

# Chicken on Potatoes

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## Servings: 4

*1 three pound chicken or  
breasts with ribs*

*salt*

*pepper*

*6 to 7 medium potatoes,  
peeled and cut into thin  
slices*

*1 clove garlic, chopped*

*6 tablespoons oil*

*2 cups chicken broth*

*2 medium tomatoes*

*parsley (for garnish),*

*washed and chopped*

*lemon rind (for garnish)*

## Preparation Time: 1 hour

### Bake Time: 40 minutes

Wash, dry and cut the chicken into eight pieces.

Salt and pepper the chicken.

In a skillet, heat the oil and cook the garlic until wilted. Add the chicken and brown on all sides. Cook the potatoes in the pan for a few minutes. Add the broth and bring to a boil.

Place the mixture into a greased two-quart baking dish with the chicken on top.

Bake in the oven for 400 degrees for about 30 minutes.

Meanwhile, wash and slice the tomatoes. Add the tomatoes to the chicken.

Bake for 10 more minutes.

In a bowl, mix the parsley and lemon rind. Sprinkle over the chicken.

Best when served with a salad.

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Per Serving (excluding unknown items): 358 Calories; 22g Fat (52.8% calories from fat); 7g Protein; 36g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 398mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 4 Fat.