

# Studio 5

Friday, September 14, 2007

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## “Potato Chicken Bake”

Becky Low

Dairy Farmers of Utah



### Ingredients:

- 1 pound boneless skinless chicken breasts
- 1 can (14.5 oz.) Mexican style stewed tomatoes
- 1 package (1.5 oz) taco seasoning mix
- 1/2 teaspoon garlic powder
- 3 medium potatoes (about 3 cups sliced)
- 1 cup shredded cheese

### Method:

Preheat oven to 400 degrees.

Butter the sides and bottom of a 2-qt casserole bowl. Cut chicken into bite-size pieces and place in casserole.

Mix together tomatoes, 1-2 tablespoons of taco seasoning mix, and garlic powder; spread over chicken.

Scrub 3 medium potatoes, do not peel; slice in half lengthwise then thinly slice. Arrange potatoes over tomatoes; sprinkle with 1-3 teaspoons of remaining taco seasoning (or to taste). Sprinkle with cheese. Cover and bake 40 minutes, uncover and bake 15-20 minutes longer or until potatoes are tender.\*

### Notes:

Quick dinner idea, great for calcium, tasty way to enjoy vegetables. Serves 6

\*For a quicker dinner: Prepare recipe in a microwave safe dish, do not top with cheese, cover, microwave on high 15-20 minutes (turning dish 3-4 times during cooking). Sprinkle with cheese, recover and allow to stand time 2-3 minutes before serving.

For nutrition analysis go to [www.UtahDairyCouncil.com](http://www.UtahDairyCouncil.com)

Nutrition Facts	
Serving Size 1/6	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 250	<b>Calories from Fat</b> 60
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 4g	<b>21%</b>
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 710mg	<b>29%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>10%</b>
Sugars 4g	
<b>Protein</b> 25g	
Vitamin A 15%	• Vitamin C 30%
Calcium 20%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000    2,500	
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	