

# One-Pot Baked Chicken and Vegetables



Serves 6

Ingredients:

- 1 tablespoon butter
- 2 tablespoons extra virgin olive oil
- 4 to 6 chicken pieces (thighs, chicken breast, legs, etc...)
- salt and fresh ground pepper, to taste
- 1 (14 ounce) can quartered artichokes, rinsed and drained
- 1 yellow onion, thinly sliced
- 1 red onion, thinly sliced

Adapted from [Diethood.com](http://Diethood.com)

- 1 large carrot, sliced into thin rounds
- 2 garlic cloves, finely chopped
- 1 bag (6 to 8 ounces) baby spinach
- 1/2 cup vegetable broth
- 2 bay leaves (optional)

Instructions:

1. Preheat oven to 425°F. Heat butter and olive oil in a large nonstick skillet that's safe for stovetop and oven.
2. Season chicken with salt and pepper. Add to skillet and brown on both sides; about 5 minutes on each side.
3. Remove from skillet and set it on the side, leaving oil in skillet. Add artichokes, onions, carrots and garlic to the skillet. Cook for 5 minutes, or until vegetables are slightly tender, stirring occasionally.
4. Add chopped garlic and spinach; continue to cook for 1 minute, stirring occasionally.
5. Remove from heat and add broth and chicken.
6. Place in the oven and bake for 18 minutes, or until chicken is thoroughly cooked.
7. Remove from oven and let stand 5 minutes.
8. Plate and ladle liquid and veggies over chicken pieces. Serve.

Nutrition per serving: Calories 340; Total Fat 16.6 g; Saturated Fat 4.7 g; Monounsaturated Fat 7.3 g; Polyunsaturated Fat 3.2 g; Total Carbohydrate 13.2 g; Dietary Fiber 6.6 g; Sugar Alcohols 0.2 g; Sugars 3.0 g; Protein 34.9 g; Sodium 410 mg