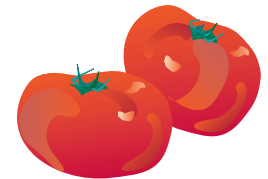


Easy Chicken Dinner

Ingredients:

- 2 chicken breast halves, skin removed
- 1 cup low-sodium vegetable juice (e.g. V-8)
- 1 1/2 teaspoons chili powder
- 1/4 teaspoon garlic powder
- 1 cup corn, frozen, unthawed
- 1 medium onion sliced
- Two large fresh tomatoes, quartered



Amount Per Serving	
Calories 300	Calories from Fat 25
% Daily Values*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Cholesterol 70mg	23%
Sodium 190mg	8%
Total Carbohydrate 38g	13%
Dietary Fiber 7g	28%
Sugars 15g	
Protein 34g	
Vitamin A 70%	• Vitamin C 120%
Calcium 10%	• Iron 20%
*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

Preparation:

1. Place all ingredients in baking dish.
2. Bake covered at 375°F for 45-50 minutes, or until done.
(Juices from chicken should be clear when pierced deeply by fork.)

Makes approximately two 4 ounce servings of chicken and two 1 1/2 cup servings of vegetables