



Chicken and Potatoes

Instructions:

Spray a baking pan with 3 seconds of Pam and line it with the onion.

Place the chicken on top, spread duck sauce on it, and surround it with the vegetables.

Sprinkle spices on top and bake covered on 325 for 2 hours.

1/2 the recipe counts as 1 one pot dinner

Prep Time:

10 minutes

Cook Time:

1 hour

Ingredients:

1 onion - sliced

2 zucchinis - diced

12 (1 inch) baby potatoes -
halved

10 oz. chicken cutlets - cut
into strips

1 TBSP. duck sauce

salt, garlic powder, & paprika
to taste

Pam