

# Baked Chicken and Veggies

This low-carbohydrate dish fits well into meal plans for many diabetics.



Craving a nice, homemade meal but dreading doing the dishes? Try this recipe. The only dish you'll dirty: a casserole dish. (OK, and a knife and a couple of measuring utensils.)

## Ingredients:

- 1 Tablespoon olive oil
- 2 Tablespoons reduced-sodium soy sauce
- 1 1/2 teaspoons paprika
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 4 chicken thighs, skinless
- 3 cups fresh mushrooms, sliced
- 1 medium red onion, chopped
- 1/2 cup low-sodium chicken broth
- 10 ounces frozen peas, thawed and drained
- 2 cups bok choy, shredded

## Preparation:

In a shallow 2-quart casserole dish, combine oil, soy sauce, paprika, basil and thyme. Add chicken thighs and coat them well.

Add mushrooms, onions and chicken broth.

Cover and bake at 350 degrees for 50 minutes. Add peas and bok choy; cover and continue baking for an additional 10 to 15 minutes or until the peas are tender.

**Carbohydrate Exchange:** 0.7

## Nutrition Facts

Yield 4 servings

Amount Per Serving

**Calories** 174

**Fat** 7 g

**Saturated fat** 1 g

**Cholesterol** 66 mg

**Protein** 19 g

**Carbohydrates** 10 g

**Fiber** 3 g

**Sodium** 409 mg

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