



Schoharie County  
173 South Grand St  
Cobleskill, NY 12043  
518.234.4303  
518.296.8310  
Fax: 518.234.4305  
schoharie@cornell.edu

Otsego County  
123 Lake St  
Cooperstown, NY 13326  
607.547.2536  
Fax: 607.547.5180  
otsego@cornell.edu

Oneonta Outreach  
31 Maple St  
Oneonta, NY 13820  
607.433.2521  
Fax: 607.436.9682

cceschoharie-otsego.org

## Baked Chicken

### Ingredients:

- ¼ chicken cut into 2 pieces
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder

*Makes 2 servings - 28% calories from fat*

### Instructions:

1. Place chicken in a baking pan.
2. Rub salt, pepper, and garlic on both sides of chicken pieces.
3. Bake uncovered at 350° F for 1 hour.

### Notes:

- Substitute other herbs or spices like oregano, ginger, or thyme in place of salt, pepper and garlic.
- The chicken can be marinated in lemon juice for 2 to 4 hours or overnight in the refrigerator before baking.
- For more servings, cut up a whole chicken and prepare as above. Refrigerate or freeze leftovers.

Nutrition Facts	
Serving Size 1 piece	
Servings Per Container 2	
Amount Per Serving	
<b>Calories 80</b>	Calories from Fat 20
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 350mg</b>	<b>15%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 13g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
*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	



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