



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

Chicken in a Pot

Ingredients:

- 2 carrots, sliced
- 2 onions, sliced
- 2 celery stalks with leaves, cut in 1 inch pieces
- 1 - 3 pound whole chicken, cut into pieces,
skin removed
- 2 teaspoon salt
- ½ teaspoon pepper
- ½ cup water
- ¾ teaspoon basil

Makes 9 servings - 23% calories from fat

Instructions:

1. Put carrots, onion and celery in bottom of crockpot. Add chicken. Top with salt, pepper, and liquid.
2. Sprinkle basil over top.
3. Cover and cook on low 8 to 10 hours or on high for 3 ½ to 5 hours, using 1 cup water.
4. Remove chicken and vegetables, with spatula.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 9	
Amount Per Serving	
Calories 200	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 660mg	28%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 33g	
Vitamin A 60%	• Vitamin C 10%
Calcium 4%	• Iron 8%

*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

Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

