

Tim Farmer's Country Kitchen

CARL'S CATALINA CHICKEN

*2 large skinless chicken breasts
1 bottle of fat-free Catalina
dressing
1 bag of baby carrots
2 slices of onion*

Spray casserole dish. Place chicken in dish and surround with carrots. Pour bottle of dressing over everything and top each piece of chicken with onion. Cover with foil and bake at 350 degrees for 1 hour.



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