

A large red square graphic with a white border, centered on a white background. Inside the square, the text "Welcome to Life Skills for Young Women of the Future" is written in white, bold, sans-serif font, arranged in four lines.

**Welcome to
Life Skills for
Young Women
of the Future**

Cooking Conversations with
Grandma-Episode 3: Baked
Chicken with Potatoes and
Salad

Ingredients/Materials

1). Parmesan Cheese

2). Garlic Powder

3). Salt and Pepper

4). 4 Chicken Breasts

5). 4-6 medium potatoes

6). Olive Oil

7). Salad Mix

8). Any salad toppings and our salsa!

1). Knife

2). Bowl

3). Aluminum Foil Squares

4). Cookie sheet

Step-by-Step Instructions

1. Prep your ingredients. Preheat oven for 350 degrees.
2. Quarter your potatoes. See 1:02 of video.
3. Add cheese, olive oil, and garlic powder. Also add salt and pepper. Toss.
4. Make potato packets. See 3:18 of video.
5. Put them on a cookie sheet on the middle of the rack.
6. While potatoes are cooking, start with the chicken packets. Drizzle with olive oil on both sides. Add salt and pepper. Add salsa that we made in the last video on the center. Put foil on the top and wrap.
7. Put in the oven with the potatoes for 30 minutes.
8. Plate the chicken with the salad and potatoes.
9. Enjoy! There is a use of dinner with the salsa we made.