

Chicken and Vegetable Foil Pack

RECIPE MAKES: 3 SERVINGS

INGREDIENTS

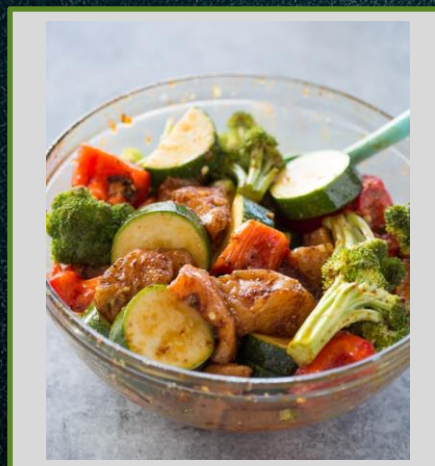
- 3 boneless skinless chicken breasts
- 1 large zucchini, chopped
- 2 cups broccoli florets, chopped
- 1 bell pepper, chopped
- 2 garlic cloves, minced
- 2 Tbsp. olive oil
- 1 tsp. garlic powder
- 1 tsp. chili powder
- 1 tsp. paprika
- 1 tsp ground oregano
- ¼ tsp black pepper

NUTRITION INFO

Nutrition Facts	
3 servings per container	
Serving size	1 chicken breast with 1 cup vegetables
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 105mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 2mg	10%
Potassium 894mg	20%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

PREPARATION

1. Cut foil into long rectangles (12" x 12").
2. Chop chicken and place into large mixing bowl with remaining ingredients and mix well.
3. Spoon mixture evenly between 3 foil sheets.
4. Fold and seal foil.
5. Place foil packs on grill over medium heat.
6. Grill for 20-25 minutes or until chicken reaches 165°F.
7. Enjoy!



Healthy Options