

From The Reynolds Kitchens

## Basil Chicken Packets



- 4 sheets (12x18-inches each) Reynolds Wrap® Everyday® Heavy Duty Aluminum Foil
- 4 boneless, skinless chicken breast halves (1 to 1 1/4 lb.)
- 2 tablespoons chopped fresh parsley
- 1 tablespoon grated lemon peel
- 1 1/2 teaspoons dried basil
- 1/2 teaspoon salt
- 2 medium yellow squash, sliced
- 1 medium red bell pepper, cut in rings
- Freshly ground pepper

**PREHEAT** oven to 450°F or grill to medium-high.

**CENTER** one chicken breast half on each sheet of Reynolds Wrap Everyday Heavy Duty Aluminum Foil. Combine parsley, lemon peel, basil and salt; sprinkle over chicken. Top with yellow squash and red pepper. Sprinkle chicken and vegetables with pepper.

**BRING** up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets.

**BAKE** 16 to 18 minutes on a cookie sheet in oven OR

**GRILL** 11 to 13 minutes in covered grill.

**Number of Servings:** 4

### Nutrition Information:

calories	186
grams fat	4
milligrams cholesterol	83
milligrams sodium	369
grams carbohydrates	6
grams protein	32

