

From The Reynolds Kitchens

Chicken & Garden Vegetables



- 1 Reynolds® Hot Bags® Foil Bag, large size
- 1 tablespoon flour
- 2 tablespoons water
- 1 1/2 teaspoons dried basil
- 1 teaspoon seasoned salt
- 1/4 teaspoon pepper
- 6 boneless, skinless chicken breast halves (1 1/2 to 2 lb.)
- 2 cups sliced yellow squash
- 2 cups sliced zucchini
- 2 medium tomatoes, cut in wedges
- 1/3 cup shredded Parmesan cheese

PREHEAT grill to medium-high or oven to 450°F. **PLACE** bag in a 1-inch deep pan.

MIX flour and water; pour inside bag. Mix basil, seasoned salt and pepper. Arrange chicken in bag in an even layer; sprinkle half of seasonings over chicken. Place vegetables in bag; sprinkle with remaining seasonings.

TO SEAL, double fold open end of bag.

TO COOK, slide bag onto grill or leave in pan and place in oven. **GRILL** 20 to 25 minutes in covered grill **OR BAKE** 40 to 45 minutes in oven.

USE OVEN MITTS and a knife to cut bag open. Fold back top for steam to escape. Sprinkle with cheese before serving.

Number of Servings: 5-6

Nutrition Information:

calories	275
grams fat	7
% calories from fat	22
milligrams cholesterol	111
milligrams sodium	332
grams carbohydrates	9
grams protein	43

