

From *The Reynolds Kitchens*

Chicken and Pasta Packets

- 4 sheets (12x18-inches each) Reynolds Wrap® Everyday® Heavy Duty Aluminum Foil
- 2 cups EACH frozen broccoli florets, sliced carrots and whole kernel corn
- 4 boneless, skinless chicken breast halves (1 to 1 1/4 lb.)
- 1/2 cup Italian salad dressing
- 1/4 cup grated Parmesan cheese
- 2 teaspoons minced garlic
- 2 teaspoons dried basil
- 6 cups hot cooked ruffled or bowtie pasta

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

CENTER one-fourth of frozen vegetables on each sheet of Reynolds Wrap Everyday Heavy Duty Aluminum Foil. Top with chicken breast halves. Combine Italian dressing, Parmesan cheese, garlic and basil; spoon over chicken.

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

BAKE 24 to 28 minutes on a cookie sheet in oven OR

GRILL 13 to 15 minutes in covered grill.

SERVE over hot pasta.

Number of Servings: 4

Nutrition Information:

calories	714
grams fat	16
milligrams cholesterol	88
milligrams sodium	775
grams carbohydrates	83
grams protein	46

