

From The Reynolds Kitchens

Home Style 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.)
- Dijon mustard
- Dried basil
- Paprika
- 2 medium carrots, cut in strips
- 2 cups mushroom slices
- 2 medium zucchini, sliced
- 2 tablespoons margarine or butter

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

CENTER one chicken breast half on each sheet of Reynolds Wrap Everyday Heavy Duty Aluminum Foil. Spread mustard over chicken; sprinkle with basil and paprika. Top with vegetables; dot with margarine.

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

BAKE 20 to 24 minutes on a cookie sheet in oven OR

GRILL 14 to 16 minutes in covered grill.

Number of Servings: 4

Nutrition Information:

calories	252
grams fat	10
milligrams cholesterol	99
milligrams sodium	264
grams carbohydrates	9
grams protein	33

