

From *The Reynolds Kitchens*

Oriental Chicken and Vegetable Packets

- 4 sheets (12x18-inches each) Reynolds Wrap® Everyday® Heavy Duty Aluminum Foil
- 1 package (16 oz.) frozen stir-fry vegetables with broccoli, carrots, onions, red peppers, celery, water chestnuts and mushrooms
- 4 skinless, boneless chicken breast halves (1 to 1 1/4 lb.)
- 1 jar (9 oz.) sweet-sour sauce
- 2 tablespoons lite soy sauce
- 2 cloves garlic, minced
- 1 teaspoon grated fresh ginger or 1/2 teaspoon ground ginger
- 4 cups hot cooked rice

PREHEAT oven to 450°F or preheat grill to medium-high. Rinse vegetables under cold water to thaw; drain well.

CENTER one chicken breast half on each sheet of Reynolds Wrap Everyday Heavy Duty Aluminum Foil. Combine sweet-sour sauce, soy sauce, garlic and ginger. Spoon 2 tablespoons soy mixture over each chicken breast. Top with vegetables. Spoon remaining soy mixture over vegetables.

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

BAKE 25 to 30 minutes on a cookie sheet OR

GRILL 14 to 16 minutes in covered grill.

SERVE over rice.

Number of Servings: 4

Nutrition Information:

calories	476
grams fat	4
milligrams cholesterol	83
milligrams sodium	864
grams carbohydrates	67
grams protein	39

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