

From *The Reynolds Kitchens*

## Tropical Chicken Packets For Two



- 2 sheets (12x18-inches each) Reynolds Wrap® Everyday® Heavy Duty Aluminum Foil
- 1/2 small onion, thinly sliced and separated into rings OR 2 green onions, cut into 1-inch pieces
- 2 boneless, skinless chicken breast halves (.5 to .67 lb.)
- 1 can (8 oz.) pineapple chunks, drained
- 1/2 medium red bell pepper, cut in strips
- 3 tablespoons teriyaki sauce
- 2 tablespoons packed brown sugar
- 1/2 teaspoon grated fresh ginger
- 2 cups hot cooked rice

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

**CENTER** onion slices on each sheet of Reynolds Wrap Everyday Heavy Duty Aluminum Foil. Top with chicken, pineapple and red pepper. Combine teriyaki sauce, brown sugar and ginger; spoon over chicken and vegetables.

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

**BAKE** 16 to 18 minutes on a cookie sheet in oven **OR GRILL** 13 to 15 minutes in covered grill. Serve over rice with additional teriyaki sauce, if desired.

### Number of Servings:

#### Nutrition Information:

calories	525
grams fat	4
% calories from fat	7
milligrams cholesterol	84
milligrams sodium	1000
grams carbohydrates	84
grams fiber	3
grams protein	37

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