

Tasty Chicken and Veggie Packets

Rating: ★★★★★

Prep time: 15 minutes

Cook time: 20 minutes

Makes: 4 servings

Ingredients

- 4 chicken breast (boneless and skinless)
- 1/4 red onion (julienned)
- 1 carrot (julienned)
- 1 red pepper (julienned)
- 1 celery stalk (julienned)
- 1/2 zucchini (julienned)
- 1 clove garlic (minced)
- 2 tablespoons basil (fresh, chopped)
- thyme (fresh springs, optional)
- parsley (chopped, optional)
- ginger (minced, optional)
- 2 teaspoons olive oil
- 4 teaspoons lemon juice (freshly squeezed)
- salt (to taste, optional)
- pepper (to taste, optional)

Directions

1. Preheat oven to 400 degrees F.
2. Cut four large rectangles of parchment paper or aluminum foil and fold in half; unfold.
3. Place each chicken breast in a large square of foil or parchment paper and season with salt and pepper.
4. Top chicken with your choice of vegetables and

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	170	
Total Fat	5 g	8%
Protein	24 g	
Carbohydrates	6 g	2%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	70 mg	3%

seasonings.

5. Drizzle each packet with ½ teaspoon oil and 1 teaspoon lemon juice.

6. Fold the parchment paper or foil in half and then crimp around the edges tightly in 1/4-inch folds to create a half moon shape.

7. Using a spatula, transfer the packets to a baking sheet. Bake until the chicken is cooked to an internal temperature of 165 degrees F, about 20 minutes, depending the thickness of the chicken breast.

Note: *Optional ingredients are not included in the nutrient or cost analysis.*

Notes

For a video demonstration of the preparation of this recipe, see: www.nutrition.gov/kidscook.

Food and Nutrition Information Center