

CHICKEN FOIL PACKS



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Chicken Breasts, boneless & skinless	4 (4 Oz. Each)	Asparagus Spears, ends trimmed	8
Approved Barbecue Sauce	½ Cup	Salt and Freshly Ground Black Pepper	To Taste
Zucchini, sliced into thin rounds	1	Extra Virgin Olive Oil	
Bell Pepper, cut into thin strips	1		



PREPARATION

- Heat oven to 400°F (200°C).
- Cut 4 large sheets of aluminum foil (about 12-14 inches each).
- Drizzle each foil with a little olive oil to prevent sticking.
- Place one chicken breast in the center of each foil sheet. Season with salt and pepper.
- Arrange zucchini slices, bell pepper strips, and asparagus spears around the chicken.
- Spoon 2 tbsp. of barbecue sauce over each chicken breast.
- Fold the foil over the chicken and vegetables, crimping edges tightly to seal.
- Place foil packets on a baking sheet and bake for 25-30 minutes, or until chicken reaches an internal temperature of 165°F (74°C).
- Carefully open packets to release steam, plate, and enjoy hot.