

CHICKEN AND ZUCCHINI FOIL PACKETS



SERVING SIZE

2



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	1 Tsp.	Chicken Broth or Stock	1 Cup
Large Fresh Button Mushrooms, thinly sliced	4	Boneless Chicken Breasts	2 (6 oz. each)
Tomato Paste	2 Tbsp.	Salt	¼ Tsp.
Fresh Basil, chopped	2 Tbsp.	Black Pepper	¼ Tsp.
Fresh Oregano, chopped	1 Tsp.	Medium Zucchini, thinly sliced	1



PREPARATION

- Preheat oven to 400°F (204°C). Prepare two large sheets of foil.
- In a skillet, heat olive oil over medium heat.
- Add mushrooms and sauté for 3–4 minutes until softened.
- Stir in tomato paste, basil, oregano, and chicken broth. Simmer for 2–3 minutes.
- Place one chicken breast in the center of each foil sheet. Season with salt and pepper.
- Arrange zucchini slices around the chicken. Spoon mushroom–tomato mixture evenly over the top.
- Fold the foil into packets, sealing edges tightly. Place packets on a baking sheet.
- Bake for 25–30 minutes, until chicken is fully cooked through.
- Carefully open foil packets to release steam. Transfer to plates and serve hot.