

CHICKEN EN PAPILOTE

Ingredients

- 1 roll parchment paper
- Juice of 1 lemon
- 1 T olive oil
- 1 tsp. garlic powder
- ½ tsp. salt
- ¼ tsp. pepper
- 4 skinless, boneless chicken breast halves, diced
- 1 small zucchini, halved and diced
- 1 small yellow squash, halved and diced
- 2 T fresh parsley, chopped

Yields: 4 servings

Calories: 230

Fat: 8 g

Protein: 35 g

Carb: 4 g (1 g fiber)

Directions

1. Preheat oven to 400°F.
2. Tear off two 8-inch sheets of parchment paper.
3. In a small bowl, whisk the lemon juice, oil, garlic powder, parsley, salt, and pepper together.
4. Place one 4 oz portion of diced chicken breast in one parchment paper.
5. Drizzle a quarter of the oil mixture over the chicken.
6. Place a handful of squash atop the chicken.
7. Repeat with remaining three portions, distributing the squash evenly among each of the pouches.
8. To close each pouch, fold the parchment over the chicken. Working around the edge, make small, tight folds, turning pouch slightly after each fold, to hold both layers of paper together in a tight seal.
10. Place pouches on baking sheet and cook for about 25 minutes until the pouch is puffy and taut.
11. Slit the tops of each pouch, taking care to prevent burn from initial steam that escapes.
12. Check chicken for doneness (internal temperature is 165°F; 140°F for fish)

RECIPES



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