

Chicken & Zucchini Foil Packs

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Adapted from Taste of Home

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:62bfc17274c7ee5d1ff41899>

Serves 4

- 1 large sweet onion, thinly sliced
- 2 tsp olive oil
- 8 large button mushrooms, thinly sliced
- 1/4 cup tomato paste
- 1/4 cup chopped fresh basil
- 2 tsp chopped fresh oregano
- 2 cups chicken broth
- 4 6 oz boneless, skinless chicken breasts
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 medium zucchini, thinly sliced

1. Prepare grill for medium heat OR preheat oven to 450. In a large skillet cook the onion in oil over medium high heat until crisp tender, 4 to 5 minutes. Add mushrooms, cook until tender, 4 to 5 minutes. Stir in the tomato paste, basil and oregano. Cook until tomato paste starts to carmalize, 6 to 8 minutes. Stir in broth,

stirring to loosen brown bits from bottom of pan. Bring to a boil. Cook until sauce is thickened, 8 to 10 minutes. Remove from heat, cool slightly.

2. Cut each chicken breast into 3 long strips. Divide chicken strips between 4 18x12 inch pieces of heavy duty foil. Place food on the dull side of the foil and sprinkle with salt and pepper and top with zucchini. Spoon tomato mixture over zucchini. Fold foil around mixture, sealing tightly.
3. Place the packets on grill or on a baking pan in the oven. Cook until the chicken is no longer pink – 15-20 minutes, turning once. Carefully open packets to allow steam to escape. If desired, top with additional basil.

Main Course
Chicken