

# BBQ Chicken and Cheddar Foil Packet Dinner

## INGREDIENTS:

- 3 tablespoons barbeque sauce
- 4 small boneless, skinless chicken breast halves (1 pound)
- 2 small unpeeled red potatoes, thinly sliced
- 1 red or green bell pepper, seeded and sliced
- 1 green onion, finely chopped
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 ½ cups shredded reduced-fat Cheddar cheese

## DIRECTIONS:

Preheat oven to 375 degrees Fahrenheit.

Place a 12x12 inches foil sheet on a work surface. Spoon about 1 teaspoon of barbecue sauce in center of foil sheet. Place one chicken breast half over barbecue sauce and spread another teaspoon of sauce over chicken. Top with a quarter of the potato, bell pepper and onion. Sprinkle with a little of the salt and pepper.

Fold foil in half to cover contents; make narrow folds along edges to seal. Repeat with remaining ingredients to assemble three more packets. Place packets on a baking sheet and bake for 35 minutes.

Open foil packets with scissors and carefully pull back edges (contents may be very hot). Sprinkle a quarter of the cheese over the top of each chicken breast half and return to oven, unsealed, for 2 minutes or until cheese is melted. With a spatula, transfer the contents of each packet onto individual serving plates, if desired.

**Makes:** 4 servings

**Prep time:** 15 minutes

**Cook time:** 37 minutes

### NUTRITIONAL FACTS PER SERVING

Calories: 290  
Total Fat: 4.5 g  
Saturated Fat: 2.5 g  
Cholesterol: 75 mg  
Sodium: 630 mg  
Calcium: 20% Daily Value  
Protein: 38 g (10 grams  
from dairy)  
Carbohydrates: 21 g  
Dietary Fiber: 2 g