

Foil Pack Cajun Chicken and Veggies

- 2-3 boneless skinless chicken breasts cut into 1-inch pieces
- 1 large zucchini chopped
- 2 cups broccoli florets
- 1 bell pepper chopped
- 2 cloves garlic minced
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon EACH garlic powder, chili powder, paprika, oregano, salt ground onion (optional)
- 1/4 teaspoon black pepper, optional

1. Pre-heat oven to 450F. Cut 4 sheet of foil into long rectangles (about 12"x12"). Set aside.
2. Combine all the ingredients in a large bowl. Spoon mixture evenly onto the 4 foil sheets. Fold and seal foil.
3. Place foil packs on a cooking sheet and bake 20-25 minutes. Serve chicken from foil packets. Be careful when opening packets; steam is trapped inside.

Serving Size = 3 ounces of chicken and 2 cups of vegetables

