



BBQ Chicken Foil Pack



Entire recipe: 270 calories, 4g total fat (1g sat. fat), 581mg sodium, 23g carbs, 2.5g fiber, 14.5g sugars, 34g protein

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Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

1 cup chopped zucchini
1/2 cup chopped onion
5 ounces raw boneless skinless chicken breast, pounded to 1/2-inch thickness
Dash each salt and black pepper
2 tablespoons BBQ sauce with 45 calories or less per 2-tablespoon serving

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

Place veggies on the center of the foil. Top with chicken, and sprinkle with seasonings. Drizzle with sauce.

Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 25 minutes, or until chicken is cooked through and veggies have softened.

Cut packet to release steam before opening entirely.

MAKES 1 SERVING

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