



Herbed-Up Spring Chicken Packet



1/2 of recipe (1 chicken breast with about 3/4 cup veggies): 213 calories, 4g total fat (1g sat. fat), 6667mg sodium, 15.5g carbs, 3.5g fiber, 7g sugars, 28.5g protein

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



Ingredients

2 cups cherry tomatoes
1 tsp. olive oil
2 tsp. chopped garlic
1 tsp. finely chopped fresh thyme
1/2 tsp. each salt and black pepper
Two 4-oz. raw boneless skinless chicken breast cutlets, pounded to 1/2-inch thickness (see *HG Tip!*)
1 cup chopped onion
1/2 cup finely chopped fresh basil

Directions

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

In a medium bowl, drizzle tomatoes with olive oil and toss to coat. Sprinkle with garlic, thyme, and 1/4 tsp. each salt and black pepper. Mix well.

Season chicken with remaining 1/4 tsp. each salt and black pepper, and lay cutlets on the center of the foil. Top with seasoned tomatoes, onion, and basil. 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 fully cooked.

Cut packet to release steam before opening entirely. Serve it up!

MAKES 2 SERVINGS

HG Tip! To pound a chicken cutlet, either lay it between two pieces of plastic wrap or place it in a sealable bag, squeeze out the air, and seal. Using a meat mallet (or other heavy utensil with a flat surface), pound it until uniform in thickness.

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