



Italian Chicken in Foil

Ingredients

4 5-ounce boneless, skinless chicken breasts
2 cups sliced mushrooms
1 cup sliced zucchini
1 cup light Italian dressing

Preparation

Preheat oven to 450 degrees.
Take four pieces of foil wrap 12 x 18 inches. Place a chicken breast in the center of each. Divide sliced mushrooms and zucchini between the four. Drizzle 1/4 cup Italian dressing over each.
Seal the foil packets by bringing up the sides of the foil sheets and folding over the top edge. Seal the ends, leaving enough air to circulate.
Place packets on a cookie sheet. Cook for 20 minutes, until chicken is cooked to an internal temperature of 165 degrees.

Serves 4

Nutrition Facts (per serving)

Calories	265
Fat (g)	11
Saturated Fat (g)	1.3
Cholesterol (mg)	82
Sodium (mg)	550
Carbohydrate (g)	8
Fiber (g)	2
Protein (g)	34
Calcium (mg)	-

