

Chicken- in-a-Packet



PREPARATION TIME
20 minutes



COOKING TIME
35 minutes



PERFECT PARTNER
onion biscuits



Inspect fresh mushrooms before purchasing. They should be free of any signs of moisture—and so should the inside of the packaging. To store, cover loosely with paper towels; refrigerate for up to 3 days.

SHOPPING LIST

- chicken breasts • tomatoes
- bell pepper • red potatoes
- mushrooms

ON HAND

- pepper • honey • onions
- Worcestershire sauce
- margarine

Chicken-in-a-Packet

INGREDIENTS

- 4 medium tomatoes, skinned, sliced
- 4 small onions, sliced
- 12 fresh mushrooms (about 8 ounces)
- 1 large green bell pepper, sliced into rings
- 4 small red potatoes, scrubbed, cut into medium wedges
- 4 skinless, boneless chicken breasts (4 ounces each), pounded
- 4 teaspoons Worcestershire sauce
- 1/4 teaspoon pepper
- 4 teaspoons margarine
- 4 teaspoons honey

SERVES 4

COOKIN'
Express

• Cut cooking time by more than half by grilling or broiling the packets instead of baking them. Place packets, seam-side up, on a grill or broiler pan set 4 to 6 inches from the heat source. Cook for about 15 minutes.

Make Ahead

Busy cooks can assemble these chicken packets ahead and refrigerate for up to 2 days. This is a great do-ahead main dish for a weekend barbecue.

VARIATION

Quarter 2 small zucchini or yellow squash and add to the chicken packets in step 1 for extra vitamins.

1 Preheat oven to 450°F. Cut four 20-inch-long pieces of foil. Divide and layer tomatoes, onions, mushrooms, peppers, and potatoes on each foil piece. Place a chicken breast on each vegetable nest.



2 Mix Worcestershire sauce and pepper in a small bowl. Spoon over each chicken breast. Top with 1 teaspoon margarine and 1 teaspoon honey.

3 To seal packets, bring 2 opposite sides of foil together and fold over several times. Fold over the other 2 ends of foil tightly.



4 Pierce top of foil twice with a sharp knife to vent. Arrange packets on baking sheet. Bake for about 35 minutes.