

CHICKEN TOMATO AND CORN FOIL PACKETS

YIELDS:4 SERVINGS / PREP TIME: 10 MINS

TOTAL TIME: 30 MINS

NUTRITION: Servings 3.0| Amount per serving: calories 363

Total fat 27 g, saturated fat 8G, monounsaturated fat 22G, polyunsaturated fat 2g, cholesterol 42 mg
total carbohydrate 16G, dietary fiber 3G, sugars 4G, protein 26 g

INGREDIENTS

- 3 boneless skinless chicken breasts (4 oz each)
- 2 c. grape tomatoes, halved
- 2 ears corn, kernels stripped
- 2 cloves garlic, thinly sliced
- 1/4 c. extra-virgin olive oil
- 2 tbsp. butter
- Kosher salt
- Freshly ground black pepper
- Fresh basil, for garnish



DIRECTIONS

1. Heat grill to high. Cut 4 sheets of foil about 12" long. Top each piece of foil with a chicken breast, tomatoes, corn, and garlic. Drizzle each with oil and top with a pat of butter. Season with salt and pepper.
2. Fold foil packets crosswise over chicken and roll top and bottom edges to seal.
3. Grill until chicken is cooked through and vegetables are tender, 15 to 20 minutes.
4. Serve topped with basil.

Tips:

You can swap proteins, consider doing fish or other protein sources like pork or beef, even adding beans to this !