

# 3-A-Day of Dairy (DMI-370)

## BBQ CHICKEN AND CHEDDAR FOIL PACKET DINNER

*Recipe created by 3-A-Day™ of Dairy*

Makes 4 servings

Prep time: 15 minutes

Cook time: 37 minutes

### Ingredients:

- 3 tablespoons barbeque sauce
- 4 small boneless, skinless chicken breast halves (1 pound)
- 2 small unpeeled red potatoes, thinly sliced
- 1 red or green bell pepper, seeded and sliced
- 1 green onion, finely chopped
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 1/2 cups shredded reduced-fat Cheddar cheese

Preheat oven to 375 degrees Fahrenheit.

**Place** a foil sheet, approximately 12x12 inches, on a work surface. Spoon about 1 teaspoon of the barbecue sauce in the center of the foil sheet. Place one chicken breast half over barbecue sauce and spread another teaspoon of sauce over chicken. Top with a quarter of the potato, bell pepper and onion. Sprinkle with a little of the salt and pepper.

**Fold** foil in half to cover contents; make narrow folds along edges to seal. Repeat with remaining ingredients to assemble three more packets. Place packets on a baking sheet and bake for 35 minutes.

**Open** foil packets with scissors and carefully pull back edges (contents may be very hot). Sprinkle a quarter of the cheese over the top of each chicken breast half and return to oven, unsealed, for 2 minutes or until cheese is melted. With a spatula, transfer the contents of each packet onto individual serving plates, if desired.

### **Nutrition Facts per serving for main dish recipe**

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Calories	290
Total Fat	4.5 g
Saturated Fat	2.5 g
Cholesterol	75 mg
Sodium	630 mg
Calcium	20% Daily Value
Protein	38 g (10 grams from dairy)
Carbohydrates	21 g
Dietary Fiber	2 g