

Chicken in a Packet

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 2

2 12x18 inch sheets heavy aluminum foil
1 whole chicken breast, boned, split and skinned
1 large onion, sliced
1 tablespoon Dijon mustard
1 tablespoon mayonnaise
1 large carrot, diagonally sliced
4 large fresh mushrooms
1 small zucchini, diagonally sliced
10 snow peas
10 small broccoli florets
1/8 teaspoon pepper
1/8 teaspoon dried basil leaves
1/4 teaspoon garlic salt
1 tablespoon margarine
2 teaspoons Parmesan cheese, grated
grated Parmesan cheese (for sprinkling)

Preheat the oven to 450 degrees.

Pound the chicken breasts until 1/2 inch thick. Set aside.

Spread two sheets of foil on the counter top. Divide the onion slices in half. Place on the right half of the foil sheets (do not put in the center). Top with the chicken.

In a bowl, combine the mustard and the mayonnaise. Spread on the chicken.

Divide the remaining vegetables, spices, margarine and cheese in half. Add to each chicken breast. Fold the foil into a packet by folding over the top and sealing the ends (butcher fold) and folding the sides in the same manner. Place on a baking sheet.

Bake for 25 minutes. Remove from the oven. Turn on the broiler. Cut a large X in the top of the foil. Fold back and sprinkle with more Parmesan cheese. Broil until brown.

(May be assembled one day ahead. Any combination of vegetables may be used.)

Per Serving (excluding unknown items): 571 Calories; 27g Fat (41.6% calories from fat); 45g Protein; 40g Carbohydrate; 1g Dietary Fiber; 97mg Cholesterol; 624mg Sodium. Exchanges: Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.