

Basil Chicken Packets Provided by Reynolds® Handi-Vac®



**Sponsored by Reynolds®
Handi-Vac®**

POINTS® Value: 4

Servings: 4

Level of Difficulty: Easy

Preparation Time: 15 Minutes

Cooking Time: 18 Minutes

Basil Chicken Packets

Ingredients

- 1 Reynolds® Handi-Vac® Vacuum Sealer
- 1 Reynolds® Handi-Vac® Vacuum Freezer Bag, Gallon size
- 4 boneless, skinless chicken breast halves (6 oz. each)
- 2 tablespoons chopped fresh parsley
- 1 tablespoon grated lemon peel
- 1 1/2 teaspoons dried basil
- 1/2 teaspoon salt
- 4 sheets (12x18 inches each) Reynolds Wrap® Heavy Strength Aluminum Foil
- 2 medium yellow squash, sliced
- 1 medium red bell pepper, cut in rings
- Freshly ground black pepper

Instructions

- PLACE chicken in even layer in Reynolds Handi-Vac Vacuum Freezer Bag with food touching textured layer inside bag. Combine parsley, lemon peel, basil and salt in small bowl; sprinkle over chicken. Seal bag.
- VACUUM bag with Vacuum Sealer until bag tightens around food. FREEZE immediately. Before cooking, defrost completely in refrigerator.
- PREHEAT oven to 450°F OR grill to medium-high.
- CENTER 1 chicken breast half on each sheet of Reynolds Wrap Heavy Strength Aluminum Foil. Top with squash and red pepper. Sprinkle with black pepper
- BRING up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets.
- BAKE until chicken is no longer pink in middle, about 16 to 18 minutes on a cookie sheet in oven OR GRILL 11 to 13 minutes in covered grill. Yields 4 servings.