

# Chicken & Summer Veggie Grilling Pocket

Source: Texas A&M Agrilife Extension

## Ingredients

- 1 large red bell pepper sliced into strips
- 1 1/2 c. mushrooms sliced
- 1 onion thickly sliced
- 2 medium zucchini sliced
- 1 medium summer squash sliced
- 1 1/2 lbs chicken breast cut into equal size cubes
- 3 TBSP olive oil
- 1 TBSP oregano dried
- 1 TBSP parsley dried
- 1/2 tsp garlic powder
- 1 tsp paprika

## Directions

Wash hands and clean preparation area. Heat grill to cook over medium-high heat. Combine olive oil, oregano, parsley, garlic powder and paprika in a small bowl. Cut 6 sheets of foil approximately 12 inches in length each. Divide vegetables and chicken evenly among 6 sheets of foil. Top each with some of the oil mixture, spreading over veggies and chicken. Fold foil so that it creates a sealed pocket. Grill foil packets over medium-high heat for 35 - 40 minutes, or until chicken reaches 165 degrees. Makes 6 servings.

## Nutrition Information

240 Calories; 10g Fat; 1.5g Sat Fat; 60mg Sodium; 8g Carbs; 2g Fiber; 28g Protein



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