

Chicken with Cheesy Vegetables Foil Pack

Fire up the grill and make this quick, easy meal with little clean up!

Ingredients:

- 1 lb boneless skinless chicken breasts, cut into 1/2-inch-thick slices
- 2 tsp Italian seasoning
- 1 package frozen broccoli, cauliflower and carrot blend, thawed, drained
- 4 oz reduced-fat cheddar, cut into 1/2-inch cubes



Preparation:

1. Spray 4 large sheets of foil with cooking spray; top with chicken, Italian seasoning and vegetables. Fold to close.
2. Grill 15 min. or until chicken is done. Cut slits in foil to release steam before carefully opening packets.
3. Top ingredients (still in packets) with cheese. Don't re-seal. Shut lid grill and allow to cook for 3 minutes.
4. Remove (with tongs) and let cool before serving.

<https://www.foodcoach.me/recipe/chicken-with-cheesy-veggies-foil-pack/>