

Foil Packet Italian Chicken and Vegetables

Ingredients:

3-4 large potatoes cut into small cubes
2 tsp (heaping) Italian seasoning
½ tsp garlic salt
1 tsp garlic, minced
1 onion, chopped
2-4 boneless, skinless chicken breasts (about 1 LB), chunked
1 bag of frozen green beans (16 oz)
1 c Italian dressing
¼ c chicken broth or water
½ c Parmesan cheese (shatter kind)
1 tbs flour
Salt and pepper to taste

Directions:

1. Heat up grill on *medium high* heat or oven to 450* F
2. Cut up chicken into small pieces
3. Mix all ingredients in a bowl
4. Make sure to coat everything
5. Spray a large piece of heavy duty foil with cooking spray
6. Dump contents on the foil
7. Seal it up, double folding the top edge and ends
8. Place on grill or leave on pan and place on grill
Grill for 20-25 minutes
Or in oven- place packet on cookie sheet and place in oven
Bake for 35-40 minutes