



Foil Pack Mediterranean Chicken

Ingredients:

- 4 chicken breasts
- 1 roasted red pepper, sliced
- 1 cup feta cheese, 1/4 cup per chicken breast
- 4 cups spinach, 1 cup per chicken breast
- 1/2 onion, thinly sliced, divided in 4 – just estimate
- 1/8 cup italian salad dressing per chicken breast
- 2 tsp fresh chopped garlic per chicken breast
- 1 tsp salt per chicken breast
- 1/2 tsp black pepper per chicken breast

Directions:

First of all roast your peppers by placing them on the grill on high heat until black and bubbly. Remove from heat and place in a bowl covered with foil. Let rest 5 minutes and then carefully remove seeds and skin under slowly running warm water.

Lay out a large piece of heavy-duty foil. Start by layering your ingredients:

- spinach, onions and garlic
- Italian dressing
- chicken breast seasoned with salt and pepper
- roasted red pepper
- feta cheese

Fold up the foil into a pouch. Wrap with an additional sheet of foil if necessary. Place on grill over medium-high heat – around 400 degrees.

Cook for 20–25 minutes. Remove from heat and let rest 5 minutes. Open foil pouch and serve with no need for dishes!