

## Chicken With Rainbow Peppers Provided by Reynolds® Handi-Vac®



Sponsored by Reynolds®  
Handi-Vac®

**POINTS®** Value: 6  
Servings: 4  
Level of Difficulty: Easy  
Preparation Time: 10 Minutes  
Cooking Time: 40 Minutes

Rice in picture is not included in **POINTS®** value.

### Chicken with Rainbow Peppers Dinner

#### Ingredients

- 1 Reynolds® Handi-Vac® Vacuum Sealer
- 1 Reynolds® Handi-Vac® Vacuum Freezer Bag, Gallon size
- 1 medium red bell pepper, sliced
- 1 medium green bell pepper, sliced
- 1 medium yellow bell pepper, sliced
- 1 medium onion, sliced
- 1 pkg. (1 oz.) herb and garlic dip and soup mix, divided
- 4 boneless, skinless chicken breast halves (6 oz. each)
- 2 tablespoons olive oil
- Reynolds Wrap® Heavy Strength Aluminum Foil
- Hot cooked rice (optional, not included in **POINTS®** Value)

#### Instructions

- PLACE vegetables in even layer in Reynolds Handi-Vac Vacuum Freezer Bag. Sprinkle with 1 tablespoon dip mix. Mix remaining dip mix with olive oil in a small bowl; set aside. Place chicken in freezer bag in even layer on top of vegetables with food touching textured layer inside bag. Pour olive oil mixture evenly over chicken. Seal bag.
- VACUUM bag with Vacuum Sealer until bag tightens around food. FREEZE immediately. Before cooking, defrost completely in refrigerator.
- F. Line a 13x9x2-inch pan with Reynolds Wrap Heavy® PREHEAT oven to 400 Strength Aluminum Foil. Place chicken and peppers in foil-lined pan; discard any remaining liquid in bag.
- BAKE 35 to 40 minutes or until chicken is done. Serve over rice, if desired (not included in **POINTS®** value.) Yields 4 servings.