

Foil-Pack Chicken Fajita Dinner



Prep Time: 10 min

Total Time: 45 min

Makes:

4 servings, one packet each

1-1/2 cups instant white rice, uncooked

1-1/2 cups hot water

1 Tbsp. TACO BELL® HOME ORIGINALS® Taco Seasoning Mix

4 small boneless skinless chicken breast halves (1 lb.)

1 each: green and red pepper, cut into strips

1/2 cup TACO BELL® HOME ORIGINALS® Thick 'N Chunky Salsa

1/2 cup KRAFT Mexican Style Shredded Taco Cheese

HEAT oven to 400°F. Fold up all sides of each of four 18x12-inch sheets of heavy-duty foil to form 1-inch rim; spray foil with cooking spray. Combine rice, water and taco seasoning; spoon evenly onto centers of foil. Top evenly with remaining ingredients.

BRING up foil sides. Double fold top and ends to seal each packet, leaving room for heat circulation inside. Place in 15x10x1-inch baking pan.

BAKE 30 to 35 min. or until chicken is cooked through (165°F). Let stand 5 min. Cut slits in foil to release steam before opening packets.

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Kraft Kitchens Tips

Make Ahead - Prepare these foil packets in the morning and refrigerate. At meal time, pop them in the oven and bake as directed.

Substitute - No heavy-duty foil on hand? Just use double-layer sheets of regular foil instead.

Serving Suggestion - Top off each portion with 1 Tbsp. BREAKSTONE'S or KNUDSEN Sour Cream just before serving.

Nutritional Information

Calories 350

[Total fat](#) 8 g

[Saturated fat](#) 3.5 g

[Cholesterol](#) 80 mg

[Sodium](#) 510 mg

[Carbohydrate](#) 37 g

[Dietary fiber](#) 2 g

[Sugars](#) 3 g

Protein 31 g

Vitamin A 25 %DV

Vitamin C 70 %DV

[Calcium](#) 15 %DV

Iron 20 %DV

Nutrition Bonus

Wrap up great flavor in this low-calorie, low-fat meal that is rich in vitamin C from the peppers.