

# Foil-Pack Taco Chicken



**Prep Time:** 10 min

**Total Time:** 50 min

**Makes:** 4 servings

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

4 tsp. TACO BELL® HOME ORIGINALS® Taco Seasoning Mix

1/2 lb. red potatoes, thinly sliced (about 2 cups)

3/4 cup KRAFT 2% Milk Shredded Reduced Fat Four Cheese Mexican Style Cheese

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

1/4 cup BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream

**HEAT** oven to 400°F. Sprinkle chicken with seasoning mix. Place 1/2 cup potatoes on center of each of four large sheets of heavy-duty foil; top with chicken, cheese and salsa.

**BRING** up foil sides. Double fold top and both 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). Cool 5 min. Cut slits in foil to release steam before opening. Top with sour cream.

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## Kraft Kitchens Tips

### Serving Suggestion

For added color and texture, serve with a mixed green salad tossed with your favorite KRAFT Light Reduced Fat Dressing.

### Cooking Know-How

If the chicken breast halves in your market are larger than 4 oz., they will take longer to cook. Be sure to cook them long enough so that they are cooked through (165°F).

### Cooking Know-How

To prevent potatoes from sticking to foil, spray foil with cooking spray or use nonstick foil.

## Nutritional Information

Calories 290

[Total fat](#) 9 g

[Saturated fat](#) 4 g

[Cholesterol](#) 85 mg

[Sodium](#) 630 mg

[Carbohydrate](#) 19 g

[Dietary fiber](#) 2 g

[Sugars](#) 3 g

Protein 32 g

Vitamin A 15 %DV

Vitamin C 15 %DV

[Calcium](#) 35 %DV

Iron 8 %DV

### Nutrition Bonus

Wrap up this quick dish that's a good source of calcium from the cheese. Carb Choices: 1