

## Lemon Rosemary Chicken in Parchment Provided by Reynolds® Handi-Vac®



Sponsored by Reynolds®  
Handi-Vac®

**POINTS®** Value: 5

Servings: 4

Level of Difficulty: Easy

Preparation Time: 15 Minutes

Cooking Time: 25 Minutes

Lemon Rosemary Chicken in Parchment

### Ingredients

- 1 Reynolds® Handi-Vac® Vacuum Sealer
- 1 Reynolds® Handi-Vac® Vacuum Freezer Bag, Gallon size
- 4 boneless, skinless chicken breast halves (6 oz. each)
- 1 tablespoon freshly grated lemon zest
- 1 tablespoon olive oil
- 1/2 teaspoon dried rosemary, crushed
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon freshly ground black pepper
- Reynolds® Parchment Paper
- 1 pkg. (8 oz.) sugar snap peas
- 1 medium yellow squash, sliced
- 1/2 cup roasted red pepper, packed in water, thinly sliced

### Instructions

- PLACE chicken in Reynolds Handi-Vac Vacuum Freezer Bag. Mix lemon peel, olive oil, rosemary, seasoned salt and black pepper in small bowl until well blended. Pour mixture over chicken; squeeze freezer bag to coat both sides of chicken. Arrange chicken in even layer with food touching the textured layer inside bag. Seal bag.
- VACUUM bag with Vacuum Sealer until bag tightens around food. FREEZE immediately. Before cooking, defrost completely in refrigerator.
- PREHEAT oven to 400°F. Tear off four 15-inch sheets of Reynolds Parchment Paper. Fold each sheet in half and crease it in the center. Unfold.
- PLACE 1 chicken breast on one-half of each parchment sheet near crease. Place 1/4 of peas, squash and red pepper around chicken.
- FOLD over other half of sheet to enclose ingredients. Starting at top corner, make small overlapping folds down entire length of packet to seal edges together. Twist the last fold several times to make a tight seal. Repeat to make 4 packets. Place parchment packets on a large cookie sheet.
- BAKE until chicken is cooked through, about 20 to 25 minutes. Place parchment packets on dinner plates. Carefully cut an "X" in top of each packet to allow steam to escape. Serve immediately. Yields one packet per serving.