

Baked Chicken Breast Packets

HANDS-ON PREP 20 MIN

COOK 35 MIN

SERVES 4

- 1 Preheat the oven to 450°F. Cut 4 (12-inch) sheets of foil or parchment paper.
- 2 Place 1 chicken breast half on each sheet of foil; top each with ½ cup of the squash, 6 tomato halves, 1 tablespoon chopped olives, and 2 basil leaves. Sprinkle 1 teaspoon vermouth over each. Crimp the foil into packets, making a tight seal.
- 3 Place the packets on a rimmed baking sheet and bake until the chicken is cooked through and the squash is tender, about 35 minutes. Let the packets stand about 5 minutes, then open them with care to avoid getting a steam burn. Serve, drizzled with any juices.

PER SERVING (1 chicken breast half with ⅔ cup vegetables and sauce): 188 Cal, 5 g Fat, 1 g Sat Fat, 0 g Trans Fat, 68 mg Chol, 312 mg Sod, 8 g Carb, 2 g Fib, 26 g Prot, 31 mg Calc. **POINTS** value: 4.

MAKE IT CORE If you follow the **Core Plan**, instead of using vermouth, simply sprinkle the chicken with fresh lemon juice or reduced-sodium chicken broth in step 2.

Really GOOD!

- 4 (¼-pound) skinless boneless chicken breast halves
- 2 cups cubed yellow squash
- 12 cherry tomatoes, halved
- 12 pitted green olives, rinsed and chopped
- 8 fresh basil leaves
- 4 teaspoons dry vermouth