

SOUTHWESTERN CHICKEN FOIL PACKET

A good way to take baby steps toward more plant-based eating is to incorporate beans with a smaller portion of animal protein. Beans have lots of fiber; chicken has none, but it is a great protein source.

INGREDIENTS

- 1 can (15 ounces) black beans, rinsed and drained
- 2 cups fresh or frozen corn (about 10 ounces)
- 1 cup salsa
- 4 boneless skinless chicken breast halves (4 ounces each)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/8 teaspoon salt
- 1 cup shredded cheddar cheese
- 2 green onions, chopped

DIRECTIONS

Mix beans, corn and salsa; divide among four 18x12-in. pieces of heavy-duty foil. Top with chicken. Mix seasonings; sprinkle over chicken. Fold foil over chicken, sealing tightly.

GRILL OPTION:

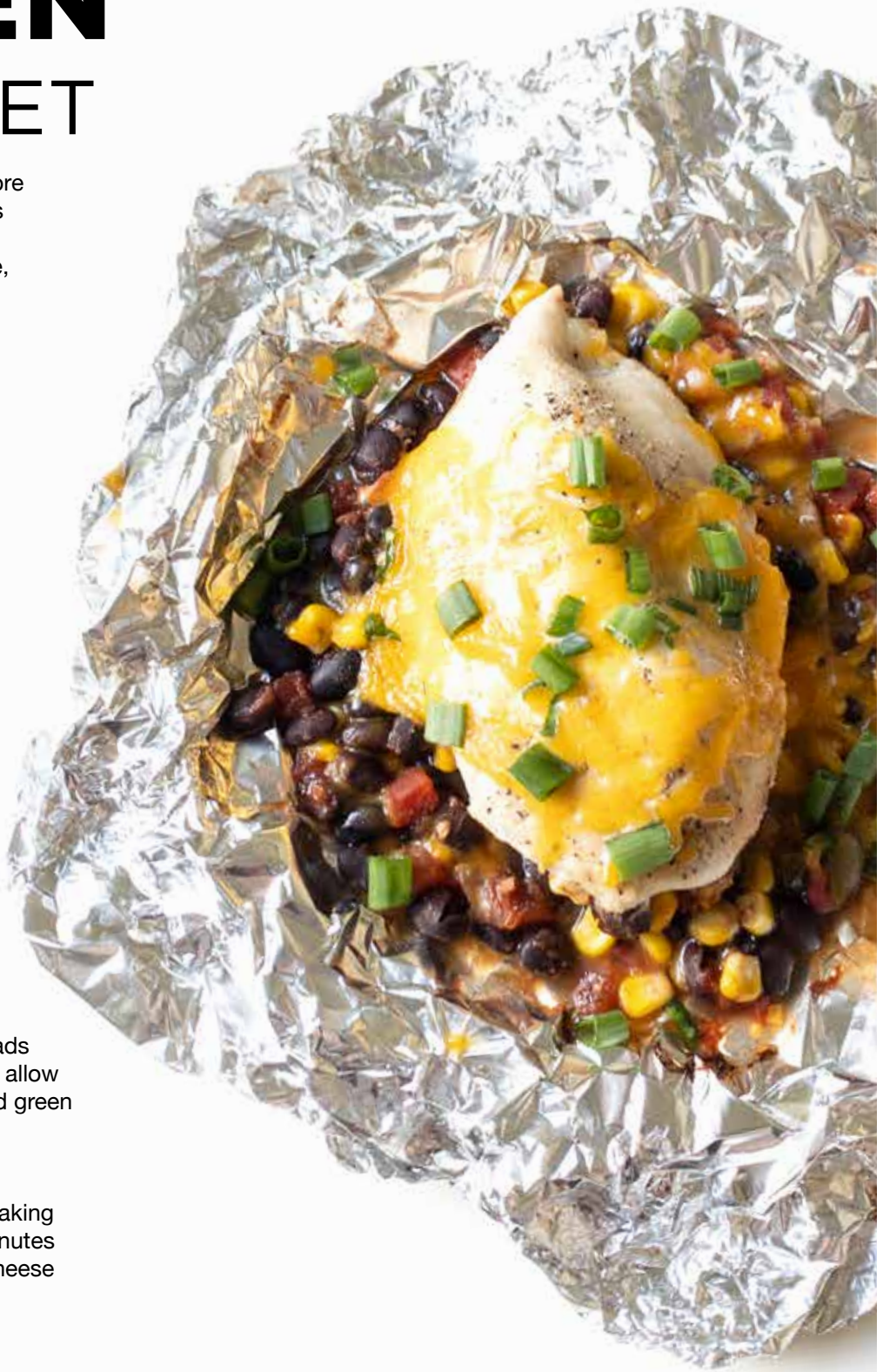
Grill packets, covered, over medium heat until a thermometer inserted in chicken reads 165°, 15-20 minutes. Open foil carefully to allow steam to escape. Sprinkle with cheese and green onions.

OVEN OPTION:

Preheat oven to 400°F. Put packets on a baking sheet with raised sides. Bake for 35-40 minutes or until chicken is cooked. Sprinkle with cheese and green onions.

NUTRITION FACTS

1 serving: 405 calories, 13g fat (6g saturated fat), 91mg cholesterol, 766mg sodium, 34g carbohydrate (8g sugars, 6g fiber), 37g protein. Diabetic Exchanges: 4 lean meat, 2 starch, 1 fat.



Wisconsin Athletic Club

www.thewac.com/nutrition