



Lemon Chicken Packets with Potatoes

MyPlate2Yours - Lynn Dugan

Ingredients

1/2 pounds boneless, skinless chicken thighs, cut into 1-inch cubes
1/2 pound Yukon Gold potatoes, cut into 1/2 -inch cubes
1/2 medium onion, diced
1 small zucchini, diced
1/2 small green pepper, diced
1 tablespoon olive oil
1 tablespoon lemon juice
1 teaspoon Italian seasoning
1 garlic clove, minced
1/2 teaspoon salt
1/4 cup of shredded parmesan cheese

Directions

Preheat oven to 400 degrees. Mix all ingredients together except tomatoes and parmesan. Place equal amounts onto 2 large squares of foil. Fold in top and sides of each to enclose. Bake for 30 minutes until chicken is cooked through and potatoes are soft. Carefully open packets and sprinkle equal amounts of parmesan over each. Enjoy!