



Cheddar Chicken and Potato Packets

MyPlate2Yours - Lynn Dugan

Ingredients

6 T BBQ sauce
6 small boneless, skinless chicken breasts
3 red potatoes, unpeeled, sliced thin
2 large red bell pepper, sliced
2 green onions, sliced thin
Salt and pepper
2 cups cheddar cheese, shredded

Directions

Preheat oven to 375°F. Working on individual foil sheets, first add 1/2 tablespoon bbq sauce in center and place a chicken breast on top. Spread another 1/2 tablespoon on top of breast. Cover with 1/2 of potato, 1/3 red pepper, and 1/3 green onions. Sprinkle with salt and pepper. Fold foil into packet. Repeat for remaining five chicken breasts.

Place packets on a baking sheet and bake in oven for 35 minutes. Remove from oven and carefully open packets. Sprinkle 1/3 cup cheese on each. Return to oven, unsealed, for about 3 minutes until cheese melts. Transfer to serving plates and garnish with plain non-fat Greek yogurt. ENJOY!!