



CILANTRO CHICKEN AND PURPLE POTATO FOIL PACKETS

ingredients:

- | | |
|---------------------------------|---|
| 1/4 cup fresh cilantro, chopped | 1 pound purple potatoes, cut in to 1-inch pieces |
| 1 Tablespoon olive oil | 1 pound chicken breast, cut in to 1 1/2-inch pieces |
| 2 teaspoons lime juice | 1 yellow pepper, cut in to 1-inch pieces |
| 2 cloves garlic, minced | 1 small onion, cut in to 1-inch pieces |
| 1/4 teaspoon salt | |
| 1/4 teaspoon pepper | |

directions:

1. In a large microwave-safe bowl, combine cilantro, olive oil, lime juice, garlic, salt and pepper. Add potatoes to bowl and mix well to ensure they are coated.
2. Place bowl in microwave and heat on high for 1 minute. Stir mixture and heat on high for another minute.
3. Remove from microwave and allow to cool.
4. Cut four 12-inch sheets of aluminum foil.
5. When potatoes have cooled, add chicken, yellow pepper and onion. Mix well.
6. Divide mixture into 4 equal portions and add to the center of each foil in a single layer.
7. Fold the sides of the foil over the chicken, covering completely and sealing the packets closed.
8. Place packets in refrigerator for 1-2 hours.
9. Preheat oven to 375 degrees F.
10. Remove prepared foil packets from refrigerator and place them on a baking sheet in a single layer.
11. Bake until the chicken is cooked through (internal temperature of 165 degrees F) and the potatoes are tender, about 25-30 minutes.
12. Remove from oven and let stand a few minutes. Open the packets and serve.

Yield: 4 servings

Nutrition Information Per Serving:

271 Calories
5 grams Fat
1 gram Saturated Fat
66 mg Cholesterol
228 mg Sodium
25 grams Carbohydrates
2 grams Fiber
30 grams Protein

Food exchanges:
3 protein, 1 bread,
2 vegetables



**HENRY FORD
LIVEWELL**

in partnership with



For a demo of this LiveWell recipe, and for more wellness information, visit HenryFordLiveWell.com.