Grilled Chicken Foil Packets

By Chef Jen

Ingredients:

- 4 chicken breasts, (not thin sliced cutlets)
- 1 bell pepper, sliced
- ½ red onion, sliced
- 12 asparagus stalks
- 4 garlic cloves, smashed
- Golden balsamic dressing*
- Salt and pepper to taste
- Parmesan cheese (block, not grated)
- Aluminum foil

Preparation:

1. Lay out 4 large pieces of aluminum foil. Drizzle with canola oil. Place chicken breasts in each one, and rub chicken with smashed garlic and brush chicken with dressing and let sit.

2. Meanwhile, wash, dry and prepare vegetables. Heat grill on medium high heat to temperature between 400-500°F. **

3. Arrange veggies evenly on top of chicken breast, drizzle lightly with more golden balsamic dressing. Fold in sides and top to prevent leakage. Grill with chicken side down for ~18-20 minutes. Flip packet and cook for ~5 minutes more. Chicken should be cooked to a temperature of 165°F.

4. Remove chicken from grill and let rest for ~ 5 minutes then open packets. Prior to serving, use a peeler to shave fresh parmesan over packets.

* See Grilled Romaine Salad for Golden balsamic dressing recipe.

** Can bake in oven. Set temperature to 400°F and bake for 20-25 minutes.