

Foster's Body & Paint

305 East Oak Street, Santa Maria, CA 93454

805-922-6191

October, 2011

Herbed Chicken and Vegetables

Ingredients:

- 3/4 tsp. dried oregano leaves, divided
- 1 tsp. paprika
- 1/4 tsp. salt
- 1/8 tsp. black pepper
- 2 skinless bone-in chicken breasts
- 2 sheets (18x12 inches each) heavy-duty foil, lightly sprayed with nonstick cooking spray
- 1/2 cup pasta sauce
- 4 cloves garlic, peeled and minced
- 1/2 medium green bell pepper, cut into squares
- 1/2 medium yellow bell pepper, cut into squares
- 1/2 cup chopped fresh mushrooms
- 1/4 cup chopped onion
- Parmesan cheese
- Hot cooked egg noodles

Preparations:

- 1.) Preheat oven to 450 degrees. In small bowl, combine 1/2 tsp. oregano, paprika, salt and pepper; mix well.
- 2.) Place chicken on foil sheets. Sprinkle each chicken breast with half of oregano mixture. Combine pasta sauce, garlic, bell peppers, mushrooms, onion and remaining 1/4 tsp. oregano in medium bowl. Pour half of sauce mixture over each chicken breast.
- 3.) Double fold sides and ends of foil to seal packets, leaving head space for heat circulation. Place packets on oven tray.
- 4.) Bake 23 to 25 minutes or until chicken juices run clear. Carefully open ends of packets to allow steam to escape. Open packets and transfer contents to serving plates. Sprinkle with parmesan cheese. Serve with noodles.



Makes 2 servings

Find this recipe and many more at Fostersbodyandpaint.com