

Mediterranean Chicken Packets

Serves 4

4 boneless, skinless chicken breasts (6 – 8 ounces)
Salt and pepper, to taste
1 14.5-ounce can diced tomatoes, drained
1 14.5-ounce can quartered artichoke hearts, drained
½ cup Kalamata olives, pitted and halved
4 TSP capers
½ cup crumbled feta (about 2 ounces)
½ tsp Italian seasoning
1 TBS olive oil

Preheat oven to 375 degrees. Place four 12-inch parchment squares on the counter. Place one chicken breast on each square. Season lightly with salt and pepper.

Mix tomatoes, artichokes, olives, capers, feta, Italian seasoning, and olive oil. Divide evenly on top of chicken.

Fold parchment paper over, and crimp edges to create a sealed packet.

Place packets on a rimmed baking sheet. Bake for 20 – 22 minutes, until chicken is white all the way through.

Note – If you are worried about the chicken being done, open one packet slightly and insert an instant read thermometer into the chicken breast. It should register 145 degrees.

Serve warm with a side of couscous, rice, or potatoes.

Baguette Taste – Wonder Bread Budget