



Parchment Packet Asian Chicken & Vegetables

Prep: 15 minutes

Bake: 40 minutes • Serves: 4

- 1. Carrots:** Preheat oven to 375°; cut 4 (18 x 12-inch) sheets parchment paper. Place 2 cups baby carrots in large bowl.
- 2. Broccoli:** Cut 1/8 head broccoli into florets (about 2 cups); add to bowl with carrots.
- 3. Edamame** Add 3/4 cup thawed frozen shelled edamame to bowl with carrots and broccoli.
- 4. Marinade & Sauce:** Toss 1/4 cup less-sodium teriyaki marinade & sauce with vegetables. Place parchment sheets lengthwise on work surface; divide vegetable mixture onto right side of sheets.
- 5. Chicken Breasts:** Place 4 boneless, skinless chicken breasts on top of vegetable mixture; brush with 1 tablespoon less-sodium teriyaki marinade & sauce and sprinkle with 1/2 teaspoon ground red pepper, if desired. For each packet, fold left side of parchment sheet over chicken and vegetable mixture; fold edges several times to seal tightly and place on rimmed baking pan. Bake 40 minutes or until internal temperature of chicken reaches 165°. With kitchen shears, cut an X in top of packets, then carefully pull back parchment to release steam.

Approximate nutritional values per serving:

286 Calories, 5g Fat (1g Saturated), 94mg Cholesterol, 788mg Sodium, 17g Carbohydrates, 4g Fiber, 10g Sugars, 41g Protein

Chef Tip

Serve chicken and vegetables over frozen steam-in-bag brown rice or cauliflower rice pilaf.