



Barbecue Corn & Chicken Packets

A quick and easy way to make a nutritious meal with no cleanup.

Here is the recipe for barbecue corn & chicken packets.

Ingredients

- 4 sheets Heavy duty tin foil (12x18 inches each)
- 4 Skinless, boneless half chicken breast (we also do up fish fillets this way - works just as well)
- 1 c. Barbecue sauce
- 3 c. Whole kernel corn (when we have leftover corn on the cob we cut it off the cob and use it up this way)
- 1/2 c Chopped sweet green pepper

Preparation

Place one chicken breast half on each tinfoil sheet. Spoon 1/4 c. barbecue sauce over the chicken. Top with vegetables. Bring up sides of foil and double fold - seal tightly.

Double fold ends to form foil packets. In the summer time we place the packets on the barbecue (grill 12-15 minutes on med-high in covered BBQ), in the winter time we put the packets on a cookie sheet and bake in the oven (bake 20-25 minutes in preheated 450F oven). If you do the fish it takes a little less time than the chicken to cook.

When cooked open ends of foil package first to allow steam to escape. Serves 4.