



## Foiled Chicken

Yield: 4 servings

### Ingredients:

1 small green pepper, chopped  
½ small red pepper, chopped  
10 mushrooms, chopped  
4 chicken breasts (4 to 6 ounces each)  
1 can pineapple slices (8 ounces)  
nonstick cooking spray or 1 teaspoon butter  
garlic powder, salt and pepper to taste  
four squares heavy duty foil (16 x 16 inches)

### Procedure:

Divide the bell peppers and mushrooms into four equal amounts. Coat a small area in the center of the foil with cooking spray or a small amount of butter. Place a portion of peppers and mushrooms on the greased area of the foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper to taste. Fold the foil securely and check for leaks. Place on the coals for 10 to 15 minutes per side, or until a meat thermometer inserted into the thickest part of a chicken breast reads 170 F.

about 190  
calories and  
4.5 grams of  
fat per serving

**Each serving of Foiled Chicken  
also contains a full day's  
supply of vitamin C.**