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| CHICKEN & VEGGIE FOILS  **Ingredients:**  *2 small (or 1 large) chicken breasts cut into 1-inch cubes*  *1 cup broccoli florets*  *1 cup bell peppers, sliced or chopped (colors of choice)*  *1 small zucchini, sliced*  *1/2 cup tomatoes sliced into large chunks (or grape tomatoes)*  *1/2 cup onion, sliced or chopped*  *1/2 cup Farmer Boy Lite Greek Dressing* Directions: Mix the chicken, veggies, and Farmer Boy Lite Greek Dressing in a large boil. Then place them individual foil packets and bake for 20-25 minutes. The result is unbelievably tender chicken and veggies that melt in your mouth. |  |

1. Pre-heat oven to 400F.

2. In a large bowl or zip lock bag, combine all the ingredients and mix until fully combined.

3. Cut and lay out two 12x12 inch squares of aluminum foil on a sheet pan. Place half the mixture on each foil and gently fold the foil around ingredients to form a tight seal.

4. Bake for 20-25 minutes or until chicken is cooked through. Serve with a side of brown rice or quinoa.