

An easy way to get a balanced meal in the summer is to throw a protein such as chicken or steak and some veggies on the grill. Add a side of mixed grains, rice, or pasta to round out your meal!

Caprese Stuffed Chicken Foil Packs



Makes 2 Servings

Ingredients:

- 2 oz. mozzarella (cut into ½ inch cubes)
- ¼ cup thinly sliced fresh basil (can substitute with 1 teaspoon dried basil)
- 10 cherry tomatoes, halved
- 2 tsp. balsamic vinegar
- ½ tsp. salt, divided
- ½ tsp. black pepper, divided
- 1 medium zucchini
- 1 medium yellow summer squash
- 1 tsp. olive oil
- ¼ tsp. Italian seasoning
- 2 (6 oz.) chicken breasts
- Optional: extra balsamic vinegar for serving

Directions:

1. Preheat oven to 400 degrees F.
2. In a small bowl, add the mozzarella, basil, tomatoes, vinegar, ¼ teaspoon salt, and ¼ teaspoon pepper. Gently mix to combine and set aside.
3. Cut the ends of the zucchini off. Cut in half, lengthwise. Then cut into ½ inch slices (making a half moon shape). Repeat with yellow squash.
4. Tear off two long pieces of aluminum foil (about 1 ½ feet each). Divide the zucchini and yellow squash between the two pieces of foil, gathering the squash in the middle of each sheet.
5. Drizzle the squash with olive oil. Sprinkle the squash with Italian seasoning. Then, sprinkle with a pinch of salt and pepper and set aside.
6. Place one of the chicken breasts on a cutting board and cover it with a piece of plastic wrap. Use a mallet to pound the chicken thin and flat (about ½ inch thickness throughout.) Repeat with the other chicken breast.

7. Divide the tomato mixture between the two chicken breasts. Arrange the tomato mixture in a strip 1 inch away from the edges of the chicken. Starting with the edge closest to the filling, roll the chicken around the filling. Use 2-3 toothpicks to secure the seam. Try to keep the toothpicks from sticking too far out of the chicken or else they could puncture the foil.
8. Place the stuffed chicken breasts on top of the squash piles. Sprinkle each chicken breast with a pinch of salt and pepper.
9. Bring the longest ends of the foil up over the chicken and roll them together. Then roll the short ends in, making sealed packets. Place the packets on a large baking sheet.
10. Bake for 25 minutes, until the center of the chicken is 165 degrees F. Let them cool for 5 minutes. Drizzle with extra balsamic vinegar before serving if desired.

To make on the grill:

1. Preheat the grill to medium-high.
2. Prepare the tomato mixture, squash, and chicken the same way except double up on the aluminum foil to provide more stability.
3. Place the foil packets directly on the grill grates. Cook for 20-25 minutes, until the center of the chicken is 165 degrees F. Let them cool for 5 minutes before opening the packets.

Nutrition Info Per Serving: Calories 324, Fat 11.3g, Saturated Fat 4.5g, Carbohydrates 10.8g, Fiber 3.2g, Protein 47.4g