



1213 East 2100 South
Salt Lake City, UT 84106
Phone: (801) 487-9976
e-mail: Becky-utdairy@msn.com

KSL TV, Eyewitness News at Noon Monday, April 3, 2006

“BBQ Chicken n Cheddar Foil Dinner”

Becky Low
Dairy Council of Utah/Nevada

With summer just around the corner weight loss will be on the minds of many. To prove dieters do not need to deprive themselves while enjoying their favorite foods this recipe was created by 3-A-Day™ of Dairy. It's also a delicious campout recipe. Makes 4 foil dinners

Ingredients:

- 3 tablespoons barbeque sauce
- 4 small boneless, skinless chicken breast halves (1 pound)
- 2 small unpeeled red potatoes, thinly sliced
- 1 red or green bell pepper, seeded and sliced
- 1 green onion, finely chopped
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 1/2 cups shredded reduced-fat Cheddar cheese

Method:

Preheat oven to 375^o F.

Place a foil sheet, approximately 12x12 inches, on a work surface. Spoon about 1 teaspoon of the barbecue sauce in the center of the foil sheet. Place one chicken breast half over barbecue sauce and spread another teaspoon of sauce over chicken. Top with a quarter of the potato, bell pepper and onion. Sprinkle with a little of the salt and pepper.

Fold foil in half to cover contents; make narrow folds along edges to seal. Repeat with remaining ingredients to assemble three more packets. Place packets on a baking sheet and bake for 35 minutes.

Open foil packets with scissors and carefully pull back edges (contents may be very hot). Sprinkle a quarter of the cheese over the top of each chicken breast half and return to oven, unsealed, for 2 minutes or until cheese is melted. With a spatula, transfer the contents of each packet onto individual serving plates, if desired.



Nutrition Facts		
Serving Size 1 foil dinner (220g)		
Servings Per Container 4 foil dinners		
Amount Per Serving		
Calories 260	Calories from Fat 50	
% Daily Value*		
Total Fat 6g		9%
Saturated Fat 2.5g		13%
Cholesterol 70mg		24%
Sodium 560mg		23%
Total Carbohydrate 15g		5%
Dietary Fiber 2g		7%
Sugars 3g		
Protein 35g		
Vitamin A 8%	•	Vitamin C 70%
Calcium 20%	•	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		