

Meal in a Packet

Preheat oven to 400°

On a square piece of heavy-duty aluminum foil or parchment paper combine one piece of chicken tenderloin with the following:

Minimum two vegetables	15 ml your choice bottled sauce	Serve over one of the following:
Diced onions	Italian Dressing	Rice
Thinly sliced carrots		
Bite size Broccoli	BBQ Sauce	Pasta
Bite size Cauliflower	+ 5 ml water	
Quartered Mushrooms		Noodles
2cm triangles Peppers	Thick Teriyaki	
Snowpeas	Sauce	Couscous
Corn	+ 5 ml water	
Sliced Water chestnuts		

Fold foil to seal tightly and bake for 15 –20 minutes

Enjoy!