



Southwestern Chicken Packets

Prep Time: 10 minutes Cook Time: 20 minutes

Serves 4

Ingredients:

4 boneless skinless chicken breasts
¾ cup chunky salsa
2 cups frozen corn, thawed
1 can black beans, rinsed and drained
¾ cup shredded cheese
Nonstick cooking spray
4 – 18x12 pieces of Aluminum Foil

Steps:

1. Preheat grill to medium high heat. Mix together salsa, corn and black beans.
2. Lay out each sheet of foil on the counter top and coat well with nonstick cooking spray. Place a chicken breast in the center of each piece of tin-foil.
3. Season each chicken breast with salt and pepper. Spoon ¼ of the salsa, corn and black bean mixture on top of each chicken breast.
4. Double fold the ends of the packet. Leave room for steam to gather.
5. Place the packets on the grill grate and cook for 15-20 minutes or until the chicken reaches an internal temperature of 165°F.
6. Carefully open the packet and sprinkle with the cheese. Reseal packet and let stand until the cheese is melted.

*You can serve right in the foil and can also add a dollop of Sour Cream to cool off some of the heat from the salsa.