

Foil Packet South Western Chicken Dinner

Courtesy: Scott Pulvermacher, LOGical Creations Ltd.

+

- 1 ½ cups Minute Rice, uncooked
- 1 ½ cups warm water
- 4 small boneless skinless chicken breasts
- 1 ½ tsp. chilli powder
- ¼ cup ranch dressing
- ½ cup shredded cheese
- 4 cups small broccoli florets
- 1 medium red pepper, chopped.

Preheat oven to 400F.

Combine rice & water. Let stand for 5 minutes while chopping veggies.

Scoop rice mixture evenly onto centre of each of 4 large sheets of heavy duty aluminum foil.

Top each with 1 chicken breast. Sprinkle white chilli powder.

Drizzle evenly with dressing: top with cheese and veggies.

Make Packets. Place foil packets on cookie sheet. Bake 20 to 25 minutes or until chicken is cooked through.....CHOW DOWN!!

**'FRONTIER'**  
 5111 1ST STREET WEST  
 CLARESHOLM, AB.



THOUSANDS  
 MORE ITEMS  
 ONLINE

WWW.WESTERNSHOP.COM  
 1-800-661-7939

