



“Chicken & Sweet Potato Grill Packets with Peppers & Onions”



Ingredients:

- 1 pound boneless, skinless chicken breast (about 2 large), cut into 1-inch cubes
- 5 cups peeled and cubed sweet potatoes (about 2 medium)
- 5 cups diced red bell peppers (about 2 small)
- 1 large red onion, sliced
- 1 clove garlic, minced
- 1-teaspoon salt
- 1-teaspoon chili powder
- ½-teaspoon ground cumin
- ½ teaspoon dried oregano
- 1 small lime, cut into six wedges



Total Time: 45 minutes

Servings: 12

Cook your whole meal in a packet on the grill with this easy veggie-loaded recipe. The Mexican-inspired seasoning makes the chicken and veggies taste great served with warm tortillas and your favorite taco toppings for a healthy dinner.

Source: *EatingWell.com, May 2018*

Preparation:

1. Preheat grill to medium-high. Cut six 12-inch lengths of heavy-duty foil. Coat each piece with cooking spray.
2. Combine chicken, sweet potatoes, peppers, onion, garlic, salt, chili powder, cumin and oregano in large bowl; stir to coat thoroughly. Evenly divide the chicken mixture among the foil sheets (place on the side coated with cooking spray). Gather together the long ends of each foil piece, then fold up its open ends to form a packet.
3. Cook until the vegetables are tender and lightly charred, turning halfway through, about 20 minutes total. Serve right away (be careful of steam when opening the packets), with lime wedges.

Source: [Chicken Sweet Potato Grill Packets with Peppers & Onions](#)

Nutrition Information: Per Serving 1 Serving = 1 ½ cups

Calories	241 calories
Total Fat	2.6 grams
Saturated Fat	0.5 grams
Fiber	6.8 grams
Sodium	502 milligrams
Cholesterol	55 milligrams
Carbohydrates	33.8 grams
Protein	20.5 grams
Sugar	11 grams
Potassium	949 milligrams

