

Grilled Chicken, Tomato and Basil Packets

recipe

PREP TIME: 20 min | COOK TIME: 20 min | SERVINGS: 4

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INGREDIENTS

- 4 sprays cooking spray
- 1 pound (four 4-oz pieces)
skinless, boneless chicken breasts
- 1 tsp minced garlic
- ½ tsp table salt
- ½ tsp ground black pepper
- 4 tsp extra-virgin olive oil
- 2 cups grape tomatoes
- 1 cup roughly torn fresh
basil leaves

INSTRUCTIONS

Preheat outdoor grill to medium-high.

Tear off four (18- to 20-inch long) pieces of aluminum foil; lightly coat with cooking spray.

To make each packet, put a chicken breast on center of foil; rub chicken with ¼ teaspoon garlic and then sprinkle with ⅛ teaspoon each salt and pepper. Drizzle 1 teaspoon oil evenly over chicken; top with ½ cup grape tomatoes and ¼ cup basil. Bring short ends of foil together and fold over twice to form a seal; fold in sides to form seal, making sure to leave room for steam. Repeat with remaining ingredients to make four packets.

Place packets on grill and cook until chicken is cooked through, about 15 to 20 minutes.

Open packets (be careful of steam) and remove each piece of chicken to a cutting board; thinly slice or shred into pieces with two forks. Place each portion of chicken on a serving plate and pour tomatoes, basil, and juices from packets over top.

Serving size: 1 packet