



Our Family Recipes

Mediterranean Chicken Parcels

(Cookshelf Chicken, Parragon Publishing)

Main Dishes

1 T olive oil
4 skinless chicken breast fillets
2 cups cheese (Mozzarella, Fontina, or any flavorful white cheese)
2 to 3 ½ cups zucchini, sliced
4 tomatoes, sliced or chopped
Fresh or dry basil or oregano, to taste
Pepper, to taste

Cut 4 pieces of foil each about 10 inches square. Brush the shiny side of the foil squares lightly with oil and set aside.

With a sharp knife, slash each chicken breast at intervals, then slice the cheese and place between the cuts in the chicken.

Divide the zucchini and tomatoes between the pieces of foil and sprinkle with black pepper. Tear or roughly chop the basil or oregano and scatter over the vegetables in each parcel.

Place the chicken on top of each pile of vegetables, then wrap in the foil to enclose the chicken and vegetables, tucking in the ends.

Place the parcels on a cookie sheet and bake in a preheated 400° oven. Cook for 30 minutes. Open a parcel and test for chicken doneness (meat should be completely white). Cook longer, as necessary.

When chicken is cooked, open each parcel and place under broiler to brown the tops.

Remove chicken and vegetables to plates and serve with favorite rice or pasta.