

Healthy Cooking with Nicole

Parchment Chicken 4 Ways

TOMATO PESTO CHICKEN

12x18 inches parchment paper or aluminum foil

1 chicken breast

5 ounces asparagus

1 roma tomato, sliced

2 tablespoons pesto

1 tablespoon olive oil or non stick spray



PREPARATION

1. Preheat oven to 400°

2. Fold the parchment paper in half, then open up.

3. Cut the ends of the asparagus and lay them on one half of the parchment paper.

4. Spray with non stick spray

5. Lay the chicken on the asparagus and spread on the pesto. Top with tomato slices.

6. Fold the parchment paper over the chicken, and cinch the paper together by folding it over itself along the edges.

7. Bake for 25 minutes or until chicken is no longer pink when cut into

BARBECUE

Parchment paper or aluminum foil, 12x18 inches

1 chicken breast

1 small potato, sliced

1/4 onion, sliced

3 tablespoons barbecue sauce

1 tablespoon olive oil or non stick spray



PREPARATION

1. Preheat oven to 400°F

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2. Fold the parchment paper in half, then open up
3. Quarter the potatoes and thinly slice the onion.
3. On one half, lay down the cut potatoes, spray with non stick spray.
4. Lay the chicken on the potatoes and spread on the barbecue sauce. Top with sliced onions.
5. Fold the parchment paper over the chicken, and cinch the paper together by folding it over itself along the edges.
6. Bake for 25 minutes or until chicken is no longer pink when cut into.

GARLIC PARMESAN CHICKEN

Parchment paper or aluminum foil, 12x18 inches

- 1 chicken breast
- 1/2 zucchini, sliced
- 1 clove garlic, minced
- 2 tablespoons butter or non stick spray
- 2 tablespoons parmesan



PREPARATION

1. Preheat oven to 400°
2. Fold the parchment paper in half, then open up.
3. Slice the zucchini into rounds and lay them on one half of the parchment paper. Top with minced garlic and 1 tablespoon olive oil
5. Lay the chicken on the zucchini and top with parmesan cheese.
6. Fold the parchment paper over the chicken, and cinch the paper together by folding it over itself along the edges.
7. Bake for 25 minutes or until chicken is no longer pink when cut into.

FAJITA CHICKEN

INGREDIENTS

- Parchment paper or aluminum foil, 12x18 inches
- 1 chicken breast
 - 1/2 red pepper, sliced



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1/2 yellow pepper sliced
1/4 red onion, sliced
3 tablespoons salsa
1 tablespoon Mexican cheese blend
1 tablespoon olive oil

PREPARATION

1. Preheat oven to 400°
2. Fold the parchment paper in half, then open up.
3. Thinly Slice the peppers and onion and lay them on one half of the parchment paper. Drizzle on oil or spray non stick spray.
5. Lay the chicken on the peppers and spoon on salsa. Top with cheese.
6. Fold the parchment paper over the chicken, and cinch the paper together by folding it over itself along the edges.
7. Bake for 25 minutes or until chicken is no longer pink when cut into.

Healthy Tips

Cooking in parchment makes a really moist and flavorful meal. Sealing the food in a packet helps the food steam and not dry out, and locks in your seasonings and sauces. It also makes for a really easy clean up!