

Chicken Foiled Again!

¾ cup uncooked rice
Salt and pepper to taste
4 boneless chicken breasts
8 fresh mushrooms, chopped
1 green bell pepper, chopped
1 medium onion, chopped
2 medium zucchini, chopped
1 16-ounce can tomato sauce
½ cup water or white wine
½ teaspoon dried oregano
Parmesan cheese, grated

Preheat oven to 350 degrees. Cut four large pieces of heavy duty foil. Place 3 tablespoons of rice in the middle of each piece of foil. Salt and Pepper the chicken breasts and then place each on the rice. Add equal amounts of chopped veggies on top of chicken. Mix together tomato sauce, water or wine, and oregano; spoon over chicken. Top with Parmesan cheese. Seal foil tightly and bake for 1 hour.

These are super easy to make and will impress your family when you sever them foil packet and all on the dinner plate!

Serves about 4 folks.