



# The Dietitian's DISH



## **Sizzling Summer Savings** Start With Foil Packets

Foil packet cooking can save you time and help reduce wasting food, which are both a real value. You can easily combine different foods to create different flavor profiles, allowing you to tailor the same meal to each family member's preferences without becoming a short order cook. Get everyone around the table to assemble their own culinary combination. Then, sit back and let the grill or oven do all the work.

Foil packet cooking saves you even more time when you involve family to prepare their own packet. It also makes for convenient clean-up after the meal – perfect for young children to help. Introduce your family to a chicken taco prepared in a foil packet. Using lettuce for the shell is an easy way to add veggies and have one more gluten-free item in the meal.



### **Chicken Taco Lettuce Wrap**

#### **Ingredients:**

- 2 lbs. boneless, skinless chicken breasts
- 2 Tbsp. taco seasoning
- 1/3 cup **Full Circle** organic salsa
- 1 medium bell pepper, thinly sliced
- 1/2 small onion, thinly sliced
- Non-stick aluminum foil (16 sheets – 24-inches long)
- 8 leaves iceberg lettuce, rinsed & dried



#### **Cilantro dressing:**

- 1/2 cup loosely packed cilantro
- 1/4 cup Greek yogurt
- 2 Tbsp. olive oil
- 1 lime, juiced • Pinch of salt

#### **Directions:**

1. Preheat for direct grilling over medium heat.
2. Chop chicken into 1-inch pieces and put into sealable bag. Add taco seasoning, salsa, bell pepper and onion to the bag. Let it marinate for 15-30 minutes or overnight.
3. Stack 2 sheets of non-stick aluminum foil for each packet. Remove chicken from marinade and separate evenly between the 8 packets; setting in center of foil. Fold sides together and lightly fold edges together to seal.
4. Place foil packets on hot grill rack; cook 20 minutes or until internal temperature of chicken reaches 165°F.
5. Open foil packet carefully, empty contents of each onto a leaf of lettuce. Add optional toppings: shredded cheese, beans, corn, diced avocado, diced tomato, etc.
6. **Cilantro dressing:** Place all ingredients in the food processor and blend for 1 minute or until creamy. Drizzle over the chicken and optional toppings before wrapping the lettuce leaf.