

Asian Pineapple Chicken Packets

Serves 4

- 4 Asian Chicken Breasts*
- 1 Cup Fresh Pineapple Pieces
- 4 Thin Slices Red Onion
- 2 TB Parmesan Spice Mix*
- 4 Mushrooms, Sliced
- 8 Thin Slices, Red Pepper
- 8 Thin Slices, Yellow or Green Squash
- 4 TB Unsalted Butter
- 4 TB Orange Juice

Separate the aluminum foil into 4 pieces each about 10 inches long. To each piece add an Asian Chicken Breast*, ¼ cup Pineapple, 1 Slice Red Onion, 3 slices of Mushroom, 2 Slices of Red Pepper and 2 Slices of Squash. Top with 1/2 TB of Parmesan Spice Mix*, 1 TB Unsalted Butter and 1 TB of Orange Juice. Seal the packets and place them on a hot grill or in a 350F oven for about 10 minutes.

*Asian Chicken Breasts

- 1 Clove Garlic, Chopped
 - 1 Teas Paprika
 - 1 Teas Minced Ginger
 - ½ Teas Cumin
 - ¼ Teas Pepper
 - ¼ Cup Pineapple Juice
 - ¼ Cup Low Sodium Soy Sauce
 - 8 Boneless Skinless Chicken Breasts, sliced in half horizontally
- Combine all the ingredients and marinate for at least 1 hour, before grilling or baking for about 20 minutes or until they reach an internal temperature of 165F.

*Parmesan Spice Mix

- 1 Cup Shredded Parmesan
 - 1 Teas Chili Powder
 - 1/8 Teas Cayenne
 - 1 TB Minced Fresh Cilantro
- Preheat your oven to 350F. Thoroughly combine all ingredients and sprinkle on a sheet pan. Bake for 10 to 15 minutes, or until the cheese is golden brown.

To Make it Dinner: Serve the Asian Pineapple Packets over Whole Wheat Couscous with Toasted Slivered Almonds. Serve a Butter Lettuce Salad on the Side – Tossed with a little Extra Virgin Olive Oil and a Citrus Vinegar. I'd enjoy it with a glass of Vouvray.