

Chicken Foil Wraps

1 boneless skinless chicken breast

1 medium potato, peeled and quartered
(white or sweet)

1 carrot, cut into 2 inch rounds

1/2 cup fresh snap beans

1 tbs. dry onion soup mix



Preheat oven to 350 degrees. In center of a large sheet of foil, place chicken and vegetables. Sprinkle soup mix over ingredients. Fold up sides of foil to make a tight pouch and place on cookie sheet. Bake for 1 hour.

Makes 1 foil wrap @ 5 Points, 6 points plus