



Fiesta Lime Chicken and Rice Foil Packs



Ingredients:

- 4 thin boneless skinless chicken breasts
- 1 15oz can black beans
- Sliced avocado
- Cilantro
- Sour cream
- Tomatoes or salsa,
- Grilled corn

Marinade:

- 2 TBL Soy sauce
- Juice of 2 limes (2-3 TBL)
- ¼ Water
- ¼ Oil
- 2 tsp Ground cumin
- 2 tsp Garlic powder
- 2 tsp Chili powder

Rice:

- 1 cup long grain white rice
- ½ tsp chili powder
- Juice of 1 lime
- Monterey jack cheese slices or shredded

Method:

1. In a medium bowl, whisk together all ingredients for the chicken marinade. Add chicken, toss to coat, cover, and chill for 15-30 minutes. Prepare the rice while chicken is marinating.
2. Add rice to a pot. Cover with water, bring to a boil, and cook for 5 minutes. Drain, stir in chili powder and lime juice, and set aside.
3. Cut four 12-inch squares of foil and lay them out on a clean, flat surface. Spoon ¼ of the rice into each packet. Add ¼ of the beans. Top with one piece of chicken. Fold two opposite ends of the foil over the top of the fillings and pinch the seams together tightly. Fold or roll up the remaining ends of the foil to close the packet.
4. Bake at 400 degrees for 35 minutes *OR* until chicken is cooked through *OR* grill over medium heat, being sure to turn over halfway through to ensure even cooking.



5. Open the packets, top chicken with $\frac{1}{4}$ of the cheese (one slice each) and return to oven or grill (do not close the packet) 3-4 minutes until cheese is melted.
6. Add any desired toppings and serve.

NOTES

*The goal is to have four pieces of chicken less than 1 inch thick. If you are using whole chicken breasts, be sure to pound them out to an even $\frac{3}{4}$ -inch thickness. If you have two large chicken breasts, cutting them in half-lengthwise works great.