

BBQ Chicken and Foil Packets



As soon as the warm weather arrives, I love to bring out the barbecue for complete and tasty recipes like this one! This protein- and fiber-rich meal is perfect for a quick weeknight dinner or a night in with friends. The grilled chicken, colorful vegetables, and creamy sauce are always a hit. I like to pair this dish with a [Kombucha Sangria mocktail](#) for a drink that adds a touch of festivity to my meal.

Preparation 15 min

Cooking 30 min

Servings 4

Nutrition Facts (per serving)

Calories 435

Fat 12

Carbohydrates 43

Fibre 8

Protein 39

Sodium 300

Ingredients

Papillotes

- 3 medium russet potatoes, cubed
- 15 ml (1 tbsp) olive oil

- Salt and pepper, to taste
- 2 bell peppers of different colors, cut into chunks
- 250 ml (1 cup) cherry tomatoes
- 2 garlic cloves, thinly sliced

Chicken and Eggplant

- 2 boneless chicken breasts (about 450 g / 1 lb), halved lengthwise
- 15 ml (1 tbsp) poultry seasoning*
- 1 eggplant, sliced
- Oil spray

Creamy Sauce

- 60 ml (1/4 cup) crumbled light feta cheese
- 30 ml (2 tbsp) 0% fat plain Greek yogurt
- 15 ml (1 tbsp) sesame butter (tahini)
- 2 bunches (40 g) fresh herbs (basil, coriander)
- 60 ml (1/4 cup) lemon juice

Preparation

1. Preheat the barbecue to 200 °C (400 °F).
2. In a bowl, toss the diced potatoes with olive oil, salt and pepper. Place on a sheet of aluminum foil and seal to form a packet. Place on the barbecue grill, reduce heat to medium, and cook for 30 minutes, turning halfway through, until golden and tender.
3. In another bowl, toss the peppers, cherry tomatoes and garlic with salt and pepper. Transfer to another foil packet. Place the vegetable packet on the upper grill rack 10 to 15 minutes before the potatoes are done.
4. Season the chicken breasts with poultry seasoning, salt and pepper. Lightly oil the barbecue grill.
5. Grill the chicken for 6 to 8 minutes per side or until the internal temperature reaches 74 °C (165 °F).
6. Spray the eggplant rounds lightly with oil, season, and grill for 3 to 4 minutes per side.
7. In a blender, purée the yogurt, feta, tahini, fresh herbs and lemon juice until smooth. Chill until ready to serve.
8. Serve the grilled chicken with the vegetable foil packets, eggplant rounds and creamy herb sauce.

Notes

Keeps for 3 days in the refrigerator in an airtight container.

You can prepare the sauce ahead of time and refrigerate it in an airtight container for up to 5 days.

*Use a certified gluten-free spice blend for a gluten-free meal.



Elsa Rochette – Nutritionniste Diététiste à Québec | Responsable des services corporatifs et communautaires et créatrice culinaire
Registered Dietitian Nutritionist in Quebec City