



LEMON CHICKEN AND POTATOES IN FOIL

YIELD: 4 SERVINGS PREP TIME: 10 MINUTES COOK TIME: 30 MINUTES
TOTAL TIME: 40 MINUTES

The most amazingly moist and tender chicken breasts cooked in foil packets – so easy and packed with tons of flavor!



INGREDIENTS:

- 3 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon whole grain mustard
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried rosemary
- Zest of 1 lemon
- Kosher salt and freshly ground black pepper, to taste
- 16 ounces baby red potatoes, halved
- Kosher salt and freshly ground black pepper, to taste
- 4 boneless, skinless chicken breasts
- 1 lemon, thinly sliced
- 2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

1. Preheat oven to 375 degrees F.
2. In a small bowl, combine 2 tablespoons olive oil, mustards, thyme, rosemary and lemon zest; season with salt and pepper, to taste. Set aside.
3. Cut four sheets of foil, about 12-inches long. Divide potatoes into 4 equal portions and add to the center of each foil in a single layer.
4. Fold up all 4 sides of each foil packet. Drizzle with remaining 1 tablespoon olive oil and season with salt and pepper, to taste; gently toss to combine.
5. Top each packet with the chicken. Using your fingers or a brush, work the mustard mixture onto both sides of the chicken. Top with lemon slices.
6. Fold the sides of the foil over the chicken, covering completely and sealing the packets closed. Place foil packets in a single layer on a baking sheet. Place into oven and bake until the chicken is cooked through and the

potatoes are tender, about 25-30 minutes.*

7. **OPTIONAL:** Preheat oven to broil. Open the packets and broil for 2-3 minutes, or until caramelized and slightly charred.

8. Served immediately, garnished with parsley, if desired.

**Cooking time will vary depending on the size and thickness of the chicken and/or potatoes.*

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