Chicken & Summer Veggie Grilling Pocket

Source: Texas A&M Agrilife Extension

Ingredients

l large red bell pepper sliced into strips

11/2 c. mushrooms sliced

1 onion thickly sliced

2 medium zucchini sliced

1 medium summer squash sliced

1 1/2 lbs chicken breast cut into equal size cubes

3 TBSP olive oil

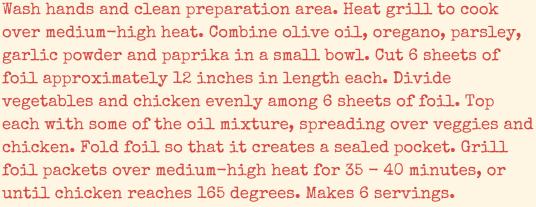
1 TBSP oregano dried

1 TBSP parsley dried

1/2 tsp garlic powder

1 tsp paprika

Directions





240 Calories; 10g Fat; 1.5g Sat Fat; 60mg Sodium; 8g Carbs; 2g Fiber; 28g Protein

