



# TACO CHICKEN ALUMINUM FOIL SUPPER

## INGREDIENTS

- 1/4 Sweet onion,  
cut into 1/4 inch slices
- 1-2 Red potatoes depending  
on size, sliced 1/4 inch thick
- 1 Boneless, skinless chicken  
breast 3-5 ounces
- 1/2 tsp taco seasoning
- 1 Tablespoon salsa
- Grated cheddar cheese

**PREP TIME: 20MINS**  
**COOK TIME: 40MINS**  
**TOTAL TIME: 1HR**

## DIRECTIONS

1. *Preheat oven to 350 degrees F.*
2. *Spray foil with olive oil spray or a little olive oil rub in center to prevent vegetables from sticking.*
3. *Place onions, potatoes, chicken (in that order) on center of foil.*
4. *Sprinkle with taco seasoning and 1 Tablespoon of salsa on each breast packet.*
5. *Fold both sides and ends over so that food is completely covered.*
6. *Place in a one inch baking dish or pan.*
7. *Bake 35-40 minutes or until chicken is cooked through (165 degrees F - check chicken temperature with a digital or tip sensitive thermometer - mine was a little higher which is fine. You just don't want to overcook so that your chicken is dry).*
8. *Remove and let sit for 5 minutes.*
9. *Open carefully or cut slits in foil to release steam.*
10. *Sprinkle with cheddar cheese.*
11. *The cheese should melt easily or you can place back in the oven for a few minutes.*