

Chicken Pocket

For one pocket:

- 1 chicken thigh
- 1 medium potato, pilled and sliced
- 1 small carrot, cubed
- 1 small onion, quartered
- 1/4 cup green beans
- 1/2 corn on the cob
- Salt, black pepper to taste



- ✚ Preheat the oven to 350°F
- ✚ Lay out large sheet of aluminum foil and spray it with Pam
- ✚ Lay all your vegetable (whatever your favorite combo) in the middle of the foil and season them with salt/ black pepper and/or any other your favorite spices
- ✚ Lay chicken thigh on top of all the vegetables (with corn on the cob on the side, next to the chicken)
- ✚ Seal the foil tightly to form a pocket and bake it in the oven for appx 1 hour or until chicken juices run clear
- ✚ Open a pocket (be careful of the steam!!) and broil the chicken for 2-4 minutes to crisp up the skin
- ✚ Let the pocket cool for a few minutes before serving