

Foil Pack Dinners: 100 Delicious, Quick-Prep Recipes for the Grill and Oven: A Cookbook

by
Julia Rutland



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Synopsis

100 quick and easy foil pack recipes for complete, delicious meals the whole family will love! Steaming food in packets has been a tried and tested method of cooking that the French and Italians have used for generations. Perfect for grilling, campfire cooking, or making a quick meal in the oven, there's absolutely no other cooking method out there that's as fast, fun, mess-free, and downright delicious as foil packs. Foil Pack Dinners offers a variety of meals with less than an hour of cooking time, making weeknight dinners a breeze! Recipes include: -Chicken Cordon Bleu-Pepperoni Cheese Bread-Louisiana-Style BBQ Shrimp-Black Bean Enchiladas-Summer Squash Spirals with Ricotta and Basil With recipes for both carnivores and vegetarians alike, this book includes something tasty that everyone will enjoy!

Sort review

About the Author Julia Rutland is a Washington, DC-area writer and recipe developer whose work appears regularly in publications and websites such as Southern Living, Coastal Living, and Weight Watchers books. She is the author of Discover Dinnertime, The Campfire Foodie Cookbook, On a Stick, Blueberries, Squash, Foil Pack Dinners, Apples, 101 Lasagnas & Other Layered Casseroles, Tomatoes, and Honey. Julia lives in the Washington, DC, wine country town of Hillsboro, Virginia, with her husband, two daughters, and many furred and feathered friends. Excerpt. © Reprinted by permission. All rights reserved. Yardbirds Wrapping chicken in foil seals in its natural juices. Season it well and add a handful of fresh vegetables, and your meal will be moist and delicious. Ubiquitous chicken breasts are versatile and make an ideal base for a wide variety of herbs and spices. Mild and inexpensive, chicken is the most invited meat to the dinner table. One reason chicken is the most sought-after protein is also its greatest flaw—blandness. While the birds don't necessarily fly, their popularity is soaring. As a result, the most requested parts, like breasts, are coming to market heavier than ever. While you may consider one boneless chicken breast to be one serving, you could be far off the mark. The average portion size for chicken ranges from four ounces in a low-fat cookbook to up to six ounces for a typical serving. Open a package from the market, however, and a single breast can weigh up to ten ounces. This is problematic for foil packet dinners and all other methods of cooking: it takes longer than anticipated to reach the proper interior temperature, while the exterior overcooks and becomes tough. To solve this, slice one oversized chicken breast in half lengthwise to create two cutlets. Consider substituting chicken thighs for breasts. Their darker meat has more flavor and moisture, since it has more fat than breasts. Thighs come in manageable sizes, sometimes on the small side. One may be too skimpy a serving, so double up to get a good six-ounce portion. --This text refers to the paperback edition.

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Look inside the book

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THERE'S NO REAL SECRET TO COOKING IN FOIL.

As a casual variation on the French technique of *en papillote*, or *al cartoccio* in Italian, foil pack dinners present an even simpler way to steam-cook seasoned meat or vegetables. A pouch is created by folding aluminum foil and sealing the ends. When heated, the food cooks in a sauce or in its own juices. Contained in the packet, the moist heat locks in flavor and keeps food juicy. The finished dish can be eaten directly from the package or slid onto a plate or bowl.

ALUMINUM FOIL 101

HEAVY-DUTY FOIL

Sturdier than standard foil, heavy-duty aluminum foil is the most commonly used variety when creating packets. Available in twelve-inch and eighteen-inch widths, heavy-duty foil can cover any size bundle of food or cut of beef. Cheese and sugary foods will stick, so the interior should be coated with food spray, butter, or oil.

HEAVY-DUTY NONSTICK FOIL

Hands down the most convenient foil for all uses is nonstick. One side of the foil is coated in a silicone-based polymer that makes food slide right off. Note: All rolls of aluminum foil have shiny and dull sides due to how they're produced. In theory, the shiny side will reflect heat while the dull side absorbs it. Manufacturers say the difference is negligible and either side may be used; however, this is not the case for the nonstick foils. The food-safe, nonstick coating is on the dull side and will also be imprinted with the words "nonstick side."

GRILLING FOIL

This type of foil is designed to withstand the very high temperatures grills can reach, up to 600°F. Some versions have a nonstick coating for convenience. You may see "pitmasters" foil. This type is extra-thick and strong enough for large and heavy cuts.

RECYCLED FOIL

This foil is made from recycled aluminum that has been heated to high temperatures to ensure food safety. Aluminum foil can be recycled, but you will need to confirm that your local recycling station accepts it.

GRILLING BAGS

These foil bags are constructed so you only have to place the food inside and roll up one end. Some versions have clear plastic windows so you can see the food cooking. Place the bags on a rimmed baking sheet before opening and cut open from the top.

STANDARD FOIL

Avoid using standard foil for foil packs. If there's no way around it, use double or triple thickness. A single ply of regular foil is too thin. It can tear easily, resulting in a mess or a lost meal on the bottom of your oven or grill. Its thinness also means foods can scorch on the bottom.

TYPES OF PACKAGES

FLAT PACKAGES

Foods that benefit from browning, such as burgers and steaks, are often cooked in flat packages. Another reason to cover the meal in a flat package is when the recipe calls for flipping the package over to cook the other side. Use flat packs when the food can be turned with little risk of spilling liquid.

HOW TO ASSEMBLE

1. Place ingredient(s) in the center of the foil.
2. Bring the edges of the long sides of the foil together on top. Fold the foil several times until it is flat against the ingredients.
3. Fold

up the sides several times until flush against the food.4. To turn over while cooking, slide a silicone-coated or wooden spatula carefully under the package and flip over. Take care that the spatula does not pierce the foil. Plastic- or silicone-tipped tongs can also be used to turn the packages.

TENT-STYLE PACKAGESTent-style packages encourage steam produced by the cooking food to condense and drip back down over the food, basting it with moisture and flavor. They are assembled so that there's a pocket of air above the food.

HOW TO ASSEMBLE1. Place the ingredients in the center of the foil.2. Bring the edges of the long sides of the foil together on top. Fold a couple of times, leaving air space above the food.3. Fold up the sides, folding several times until they're completely sealed.4. If necessary, rotate the packages or move to hotter/cooler areas of your grill by gripping the top seal with tongs. Any tongs may be used, but silicone- or plastic-tipped ones are less likely to tear the foil.

FOIL PACKETS 101**GO LARGE—IT'S BETTER TO OVERESTIMATE THE SIZE YOU'LL NEED TO WRAP THE MEAL.** If you aren't keen on measuring, make sure the foil sheet is twice as long as the area of the food. The foil is too small if you can't get at least two or three folds at the seams. If there's doubt, tear off a new piece. Alternatively, you can place the too-small foil package in a larger piece of foil and seal the outer one.

CHEESE AND SUGARY FOODS LIKE JAM OR HONEY MAY STICK TO THE FOIL. Use nonstick foil, spray the interior side of the foil with cooking spray, or line the foil package with parchment paper.

CUT DENSE AND LONG-COOKING FOODS INTO THIN SLICES OR SMALL CUBES so they finish cooking at the same time as the rest of the meal.

SEASON, SEASON, SEASON! Moisture doesn't evaporate and will dilute herbs and spices. Season your food liberally.

CHICKENS ARE GROWING BIGGER! A serving of boneless chicken ranges from four to six ounces, yet chicken breasts can often be nine or ten ounces. Larger breasts will take longer to cook, and the exterior of the meat can become tough. Vegetables cooked with larger pieces of chicken may become overcooked. To solve this, use chicken breast cutlets you can purchase in the meat section, or split a thick chicken breast in half lengthwise.

ARRANGE THE LONGEST-COOKING FOODS (LIKE POTATOES OR OTHER DENSE FOODS) ON THE BOTTOM OF THE PACKAGE. The bottom is likely to receive the most heat, and foods placed there will cook a little bit faster.

PLAN FOR TOO MUCH LIQUID. Vegetables hold a lot of water. As they cook, this moisture essentially steams the remaining ingredients. Occasionally too much water settles at the bottom of the pack. This highly seasoned liquid shouldn't be poured off! Placing cooked rice, quinoa, or other grains on the bottom soaks up the thin "gravy" and bulks up the serving.

FOLD, DON'T BUNCH. Fold the edges of the foil as neatly as possible. If you need to check the contents to see if the food is done, folded seams are easier to open and reseal, and will be less likely to tear.

WHILE MANY FOIL PACKAGES CAN BE MADE AHEAD, TRANSPORTING THEM IN A COOLER IS TRICKY. Edges of other packages and ice packs can tear the foil, allowing melted ice water to seep in.

IF TRANSPORTING, PACKAGES SHOULD NOT BE STACKED ON TOP OF ONE ANOTHER, ESPECIALLY TENT-STYLE PACKAGES. Ideally the portions are divided as the recipe directs, but if you need to apportion them ahead of time, you can divide the portions, place them in

plastic storage bags, and chill them until you're ready to cook. Transfer the contents of each bag into a foil package made right before cooking.

WHEN GRILLING FOIL PACKETS, CHECK FOR HOT OR COOL SPOTS. Rotate the packages around the grill grates as necessary.

WHILE IT'S MUCH EASIER TO TRANSFER THE FOIL PACK TO A PLATE (ESPECIALLY IF CUTTING MEAT), eating directly from the foil means you won't have dishes to wash. Any leftovers can be folded over and refrigerated.

IN / ON / OVER IN THE OVEN Cooking foil packs in the oven is simple, since ovens offer the most consistent heat. If you have a convection oven, use that setting, as the fan will increase circulation around the foil packages, ensuring even cooking. Preheat the oven to the required temperature, because cooking times are based on putting food into a hot oven. This is especially appropriate with foods containing leavening agents such as baking soda, baking powder, or yeast. If tears or leaks occur when baking in the oven, transfer the packages to a rimmed baking sheet to continue cooking. You can also tuck a large sheet of foil over the rack under the food. (Do not place foil on the bottom of the oven, as it will block heat and air flow.)

ON THE GRILL Enjoy fine weather and keep your kitchen clean and cool by cooking your foil packages on a grill. Propane and natural-gas grills are easy to get going. Assuming you have a full tank, the heat output will be consistent. Preheat the grill as you would an oven. After lighting a charcoal grill, make sure the lumps or briquettes are covered with fine gray ash, a sign that they're hot. Cover food. With either method, it's important to close the grill cover so the heat surrounds the food. By keeping the grill lid closed, the temperature remains steady and the packages are also heated from the top. Cooking over direct heat is the most common way to grill. The food cooks directly over hot coals or gas grill outlets. You can change the intensity of the heat by raising or lowering the grill grate or opening the air vents. Most of the foil package recipes are cooked over direct heat. For quick-cooking foods, direct heat is ideal when the grill lid is closed. Grilling over indirect heat is good for thick, bone-in meats and foods that require thirty minutes or more. To set up indirect heat, turn on all the burners, allowing the grill to preheat. Before adding the food, turn off the burners on one side and adjust the other burners according to how much heat is needed. You may need to increase or decrease the burners on the "hot side" to maintain consistent oven-like temperatures. Place the packages over the "cool side." If using charcoal, prepare the briquettes as you would a traditional grill, then carefully move the hot coals to one side.

OVER A CAMPFIRE Primitive campers often cooked their food over a campfire. It's the most basic type of alfresco cooking. While campfire cooking is authentic and somewhat romantic, the heat output is inconsistent. Rotate the packages with long-handled tongs to ensure even cooking. Check the wood or coals, adding more if necessary, to ensure that the fire remains low enough to cook food. If in doubt, prepare vegetarian meals or recipes with cooked meats (like smoked sausage or rotisserie chicken) to avoid eating undercooked meats that could pose a food-safety risk.

GRILLING TEMPERATURE CHART

225°F–275°F	= low heat
275°F–350°F	= medium-low heat
350°F–400°F	= medium heat
400°F–450°F	= medium-high heat
450°F–600°F	= high heat

SAFETY TIPS FOIL PACKAGES WILL BE VERY HOT WHEN REMOVED FROM THE OVEN OR THE GRILL. Use tongs and an

oven mitt to remove the packages, and use the tongs and a fork to unfold the foil. If the packages are heavy, you can pinch the top with tongs and carefully slide a silicone or wooden spoon or spatula under the bottom to remove from the heat. AS AN EXCELLENT CONDUCTOR OF HEAT, ALUMINUM FOIL GETS HOT—FAST! Even if the pack has been in the oven or on the grill for only two or three minutes, it may be too hot to touch. If you forget that sprinkle of cheese before you fold up the packages and want to add it before cooking any longer, remove the package with an oven mitt and tongs as though it's completely cooked. SINCE FOIL COOKS THE FOODS WITHIN THE PACKET, THERE WILL BE PLENTY OF STEAM ESCAPING THE PACKAGES WHEN OPENED. Use a pair of tongs and a fork to unfold and separate the foil seams. THERE MAY BE (BOILING) HOT LIQUID ALONG WITH THE COOKED FOOD INSIDE THE PACKETS. Take care not to tear the foil when removing from the heat to avoid scalds or unfortunate messes. An easy safeguard is to remove the packages from the grill or oven and place on a rimmed baking sheet. Any spills will be contained, and tasty juices can be poured back over the food. TO AVOID FOOD-BORNE ILLNESSES, KEEP POTENTIALLY HAZARDOUS FOOD AT THE PROPER TEMPERATURE. That means uncooked meats, eggs, dairy products, cooked rice, cooked pasta, and cut fruit and vegetables must be stored below 40°F. Keep wrapped packages in the refrigerator if prepping ahead. MANY FOIL PACK DINNERS CAN BE MADE A FEW HOURS AHEAD AND HEATED WHEN CONVENIENT. Avoid wrapping high-acid foods, such as those with a lot of citrus juice or tomato-based ingredients, since the acids could interact with the aluminum and create holes in the foil wrapping. IF YOU PREFER, PLACE A PIECE OF PARCHMENT PAPER ON THE BOTTOM OF FOIL PACKAGES BEFORE TOPPING WITH THE RAW INGREDIENTS. Or, wrap the food in parchment paper, folding the edges to secure, and then wrap the parchment pouch in aluminum foil and seal as directed. NEVER COOK FOIL PACKAGES (OR USE ANY METAL) IN THE MICROWAVE. Microwaves pass through paper and glass, but they get deflected by foil. In a microwave, foil pouches won't cook evenly and can cause damage to the microwave oven. Wrapping chicken in foil seals in its natural juices. Season it well and add a handful of fresh vegetables, and your meal will be moist and delicious. Ubiquitous chicken breasts are versatile and make an ideal base for a wide variety of herbs and spices. Mild and inexpensive, chicken is the most invited meat to the dinner table. One reason chicken is the most sought-after protein is also its greatest flaw—blandness. While the birds don't necessarily fly, their popularity is soaring. As a result, the most requested parts, like breasts, are coming to market heavier than ever. While you may consider one boneless chicken breast to be one serving, you could be far off the mark. The average portion size for chicken ranges from four ounces in a low-fat cookbook to up to six ounces for a typical serving. Open a package from the market, however, and a single breast can weigh up to ten ounces. This is problematic for foil packet dinners and all other methods of cooking: it takes longer than anticipated to reach the proper interior temperature, while the exterior overcooks and becomes tough. To solve this, slice one oversized chicken breast in half lengthwise to create two cutlets. Consider substituting chicken thighs for breasts. Their darker meat has more flavor and

moisture, since it has more fat than breasts. Thighs come in manageable sizes, sometimes on the small side. One may be too skimpy a serving, so double up to get a good six-ounce portion.

RECIPE LIST

Barbecue Chicken Sweet Potato Boats
Boursin-Basil Stuffed Chicken
Chicken and Dumplings
Creamy Chicken and Green Chile Enchiladas
Chicken and Shrimp Paella
Chicken Cordon Bleu
Chicken Piccata
Chicken with Quinoa Pilaf
Chicken Teriyaki Meatballs
Chicken with Creamy Tomato-Basil Sauce
Chicken with Root Veggies
Chipotle-Orange Chicken
Greek Chicken with Olives and Feta
Cilantro-Pepita Pesto with Chicken and Rice
Hot Chicken, Bacon, and Corn Salad
Honey Chicken with Cowboy Caviar
Sticky Chilean Chicken Thighs with Broccoli and Rice
Hunter's Chicken and Rice
Quick Marinated Chicken and Summer Vegetables
Moroccan Chicken with Chickpeas and Carrots
Thai Chicken Curry with Cauliflower Rice
Mexican Chicken with Black Beans and Peppers
Orange-Tarragon Chicken with Candied Carrots
Turkey with Sweet Potatoes
Stuffed Turkey Cutlets

BARBECUE CHICKEN SWEET POTATO BOAT

Sweet potatoes are a rich source of beta carotene and fiber. Aside from their health benefits, sweet potatoes are a delicious vegetable. They need to be cooked for this recipe. Bake for 35 to 40 minutes at 350°F or microwave on high for 5 to 8 minutes until the center is tender when pierced with a knife.

OVEN TEMPERATURE 350°F GRILL MEDIUM HEAT

FOIL 4 SHEETS NONSTICK FOIL OR FOIL LIGHTLY COATED WITH COOKING SPRAY

SIZE 12" X 12" TENT-STYLE PACKAGE SERVES 4

2 large sweet potatoes or russet potatoes, cooked
1 tablespoon melted butter or olive oil
¼ teaspoon fine sea salt
⅛ teaspoon freshly ground black pepper
2 cups shredded grilled or rotisserie chicken
¼ cup Molasses BBQ Sauce or purchased barbecue sauce
4 slices provolone, mozzarella, or cheddar cheese
3 green onions, sliced

1 Preheat the oven to 350°F or your grill to medium heat.
2 Slice each potato in half lengthwise. Scoop out the insides into a medium bowl, leaving a ¼-inch shell. Brush the inside of the potato shells with the melted butter or oil. Sprinkle the inside of the potatoes evenly with salt and pepper. Bake for about 10 minutes, until the shells are dry and starting to brown on the edges. (Note: this step is optional, but it makes the shells sturdier for holding the filling as well as adding more flavor and texture.)
3 Add the chicken and barbecue sauce to the bowl with the potato. Stir until well blended. Spoon the chicken mixture evenly into the potato shells. Place a slice of cheese over each potato. Sprinkle the top evenly with green onions. Place in the center of each piece of foil.
4 Fold the foil over the mixture and crimp the edges for tent-style packages. For convenience, you can also cook two potato boats, side by side, in one piece of foil. Cook for 25 minutes, until the potato boats are hot and the cheese is melted.

BOURSIN-BASIL STUFFED CHICKEN

You can find Boursin cheese in the deli section of markets in a variety of flavors—use your favorite. Goat cheese lovers can substitute their favorite as well. If you prefer something very mild, use plain cream cheese and add a bit of salt and pepper for seasoning.

OVEN TEMPERATURE 350°F GRILL MEDIUM HEAT

FOIL 2 SHEETS NONSTICK FOIL OR FOIL LIGHTLY COATED WITH COOKING SPRAY

SIZE 12" X 15" TENT-STYLE PACKAGE SERVES 24

(4-ounce) chicken cutlets
1 (5.2-ounce) package Boursin cheese
¼ cup very loosely packed fresh basil leaves
4 thin slices prosciutto
½ cups cooked pasta or rice

1 Preheat the

oven to 350°F or your grill to medium heat.² Place the chicken cutlets flat on a cutting board. Spread 2 tablespoons of the Boursin cheese evenly on the top side. Divide the basil leaves and press onto the cheese.³ Roll each cutlet into a spiral and wrap with a slice of prosciutto. Spoon the pasta evenly into the center of each piece of foil. Top with 2 spirals.⁴ Fold the foil over the chicken and crimp the edges for tent-style packages. Cook for 25 minutes, until the chicken is cooked through.

CHICKEN AND DUMPLINGS

The dumplings in this homey comfort dish cook by the heat of the oven and the steam from the chicken mixture. They will need room to expand, so make sure there's air space on top when you seal the package.

**OVEN TEMPERATURE 350°F
GRILL MEDIUM HEAT
FOIL 4 SHEETS NONSTICK FOIL OR FOIL LIGHTLY COATED WITH COOKING SPRAY
SIZE 12" X 24" TENT-STYLE PACKAGE SERVES 4**

3 cups shredded rotisserie or cooked chicken
2 carrots, shredded
½ cup chopped slender green beans or baby peas
½ cup chopped onion
2 tablespoons butter, melted
4 ounces cream cheese
½ teaspoon poultry seasoning
1 teaspoon fine sea salt
¼ teaspoon freshly ground black pepper
1 cup self-rising flour
2 tablespoons cold butter, cut into pieces
½ cup milk, chicken broth, or water

¹ Preheat the oven to 350°F or your grill to medium heat.² Combine the chicken, carrots, beans or peas, and onion in a large bowl, stirring until well blended.³ Mix the melted butter and cream cheese in a small bowl. Cook in the microwave on medium power for 30 to 60 seconds, until melted. Stir in the poultry seasoning, salt, and pepper. Stir the butter mixture into the chicken mixture.⁴ Spoon the chicken mixture evenly into the center of each piece of foil.⁵ Add the flour to the large bowl (no need to wash). Cut in the butter with a pastry blender or fork until the mixture is crumbly. Add the milk, chicken broth, or water, stirring until the dough comes together. Dollop the dough by tablespoons evenly over the chicken mixture.⁶ Fold the foil over the mixture and crimp the edges for tent-style packages. Cook for 30 minutes, until the mixture is hot and the dumplings are cooked.

CREAMY CHICKEN AND GREEN CHILE ENCHILADAS

Corn tortillas are tender and can tear or crumble with the weight of the filling ingredients, especially if cold. Warm the tortillas in the oven for a few minutes to make them more pliable. Be sure not to overcook, as they will begin to crisp into tostadas if heated too long.

**OVEN TEMPERATURE 350°F
GRILL MEDIUM HEAT
FOIL 5 SHEETS NONSTICK FOIL OR FOIL LIGHTLY COATED WITH COOKING SPRAY
SIZE 12" X 18" TENT-STYLE PACKAGE (ENCHILADAS) FLAT PACKAGE (TORTILLAS) SERVES 4**

1 tablespoon olive oil
1 small onion, chopped
2 small garlic cloves, minced
12 (5-inch) corn tortillas, warmed
4 ounces cream cheese, softened
¼ cup sour cream
1 (4-ounce) can diced green chilies, drained
3 cups shredded rotisserie chicken
½ teaspoon fine sea salt
¼ teaspoon freshly ground black pepper
1 cup Quick Enchilada Sauce (recipe opposite) or green tomatillo salsa
1 cup (4 ounces) shredded cheddar cheese

¹ Preheat the oven to 350°F or your grill to medium heat.² Heat the oil in a large nonstick skillet over medium-high heat. Add the onion and garlic; cook, stirring frequently, for 5 to 8 minutes until the onions are tender.³ Meanwhile, wrap the tortillas in a piece of foil and crimp the edges for a flat package. Cook for 5 minutes, until warm and pliable. Leave the tortillas in the foil until ready to assemble.⁴ Reduce the skillet heat to medium. Add the cream cheese, sour cream, and chilies.

Cook, stirring frequently, until the cheese melts and the mixture is evenly blended. Stir in the chicken, salt, and pepper.5 Spoon 2 tablespoons of the enchilada sauce or salsa into the center of each piece of foil. Fill each tortilla with ¼ cup of the chicken mixture. Roll and place the enchiladas, seam side down, on the sauce. Drizzle with an additional 2 tablespoons sauce. Sprinkle with 1 heaping tablespoon of cheese.6 Fold the foil over the mixture and crimp the edges for tent-style packages. Cook for 25 minutes, until the mixture is hot and the cheese is melted.

QUICK ENCHILADA SAUCE1 cup vegetable broth1 tablespoon extra-virgin olive oil1 tablespoon all-purpose flour1 tablespoon chili powder1 tablespoon tomato paste1 tablespoon apple cider vinegar2 teaspoons ground cumin1 teaspoon chipotle peppers in adobo sauce, minced (optional)¼ teaspoon garlic powder¼ teaspoon saltWhisk together all of the ingredients in a small saucepan over medium-low heat. Simmer for 5 minutes, stirring occasionally, until the mixture thickens. **MAKES 1 CUP**

CHICKEN AND SHRIMP PAELLASaffron is the distinguishing flavor of paella and is considered the world's most expensive spice. Luckily, it doesn't take much to add a lot of flavor. Saffron threads hold flavor longer than powdered saffron. Crumble the pieces between your fingers just before using.

OVEN TEMPERATURE 375°F GRILL MEDIUM HEATFOIL 4 SHEETS NONSTICK FOIL OR FOIL LIGHTLY COATED WITH COOKING SPRAYSIZE 18" X 24" **TENT-STYLE PACKAGE SERVES 4** 1 (15.5-ounce) can fire-roasted diced tomatoes, drained¼ cup white wine2 tablespoons extra-virgin olive oil1 teaspoon fine sea salt1 teaspoon paprika or smoked paprika½ teaspoon saffron, crumbled4 boneless, skinless chicken thighs, cut into pieces½ pound peeled and deveined uncooked shrimp4 ounces smoked sausage, sliced½ onion, thinly sliced3 cups cooked medium- or long-grain rice1 (6.5-ounce) can chopped clams, drained and rinsed (optional)2 tablespoons chopped fresh flat-leaf parsley1

Preheat the oven to 375°F or your grill to medium heat.2 Combine the tomatoes, wine, oil, salt, paprika, and saffron in a large bowl. Add the chicken, shrimp, sausage, and onion, tossing to coat. Add the rice, stirring until well blended.3 Spoon the chicken mixture evenly into the center of each piece of foil. Top evenly with the clams, if desired.4 Fold the foil over the mixture and crimp the edges for tent-style packages. Cook for 30 minutes, until the mixture is hot and the chicken and shrimp are cooked through. Open the foil and sprinkle each serving evenly with chopped parsley.

CHICKEN CORDON BLEUTo make this easy dish keto-friendly, swap the breadcrumbs for shredded Parmesan cheese and riced cauliflower for the rice. Both versions are equally delicious.

OVEN TEMPERATURE 350°F GRILL MEDIUM HEATFOIL 4 SHEETS NONSTICK FOIL OR FOIL LIGHTLY COATED WITH COOKING SPRAYSIZE 12" X 15" **TENT-STYLE PACKAGE SERVES 4** 3 tablespoons mayonnaise1 tablespoon Dijon mustard½ teaspoon fine sea salt¼ teaspoon freshly ground black pepper½ cup seasoned panko breadcrumbs2 cups cooked rice4 (6-ounce) chicken breasts4 slices ham4 slices Swiss cheese1

Preheat the oven to 350°F or your grill to medium heat.2 Combine the mayonnaise, mustard, salt, and pepper in a small bowl. Place the breadcrumbs in a medium bowl. Spoon ½ cup of rice into the center of each piece of foil.3 Place the chicken between two pieces of clear plastic wrap and pound to an even thickness. Brush the mayonnaise mixture over both sides.

Dredge the chicken in the breadcrumbs and place on top of the rice. Top each chicken breast with one slice of ham and one slice of cheese.⁴ Fold the foil over the mixture and crimp the edges for tent-style packages. Cook for 30 minutes, until the chicken is cooked through.

CHICKEN PICCATA

The small amount of flour dusted on the chicken thickens the juices that melt around it as it cooks. Adding broth would dilute the flavor too much, so a sprinkling of salty bouillon granules will add flavor without thinning the sauce.

OVEN TEMPERATURE 375°F GRILL MEDIUM HEAT
FOIL 4 SHEETS HEAVY-DUTY NONSTICK FOIL OR FOIL LIGHTLY COATED WITH COOKING SPRAY
SIZE 12" X 15" TENT-STYLE PACKAGE SERVES 22 (6-ounce) chicken breasts or 1 (8- to 10-ounce) chicken breast
¹ tablespoon all-purpose flour
² tablespoons butter, melted
¹ tablespoon white wine
¹ teaspoon lemon zest
¹ tablespoon fresh lemon juice
^{1/2} teaspoon chicken bouillon granules
² teaspoons capers, rinsed and drained
² tablespoons chopped fresh parsley
¹ Preheat the oven to 375°F or your grill to medium heat.
² If using one large chicken breast, slice it in half lengthwise, creating two cutlets. Place the chicken between two pieces of clear plastic wrap and pound to an even thickness. Dust the outside of the breast evenly with the flour and place in the center of each piece of foil.
³ Combine the butter, wine, lemon zest, lemon juice, bouillon granules, and capers in a small bowl. Drizzle evenly over the chicken. Sprinkle evenly with the parsley.
⁴ Fold the foil over the chicken and crimp the edges for tent-style packages. Cook for 35 minutes, until the chicken is cooked through.

CHICKEN WITH QUINOA PILAF

Nutty-tasting quinoa is an ancient seed crop that's used like a grain. Unlike other grains, it's considered a complete protein. Before cooking, rinse the quinoa in cold water. Toss a bouillon cube into the cooking water for extra flavor.

OVEN TEMPERATURE 375°F GRILL MEDIUM HEAT
FOIL 4 SHEETS NONSTICK FOIL OR FOIL LIGHTLY COATED WITH COOKING SPRAY
SIZE 12" X 18" TENT-STYLE PACKAGE SERVES 4 6 small or 4 large boneless, skinless chicken thighs, cut into pieces
³ cups cooked quinoa
¹ cup lightly packed spinach or arugula
^{1/2} cup chopped toasted walnuts
^{1/4} cup cherry tomatoes, halved, or sun-dried tomatoes
⁴ slices cooked bacon, chopped
^{1/4} cup crumbled feta cheese
^{1/4} cup olive oil
¹ shallot, minced
^{3/4} teaspoon fine sea salt
^{1/4} teaspoon freshly ground black pepper
¹ Preheat the oven to 375°F or your grill to medium heat.
² Combine the chicken, quinoa, spinach, walnuts, tomatoes, bacon, feta, oil, shallot, salt, and pepper in a large bowl.
³ Spoon the chicken mixture evenly into the center of each piece of foil.
⁴ Fold the foil over the mixture and crimp the edges for tent-style packages. Cook for 30 minutes, until the chicken is cooked through.

CHICKEN TERIYAKI MEATBALLS

Chicken or turkey meatballs make a lean dinner or snack option, but the meat is often very bland. Not in this recipe! Fresh ginger and sesame oil add bold flavor, especially when topped with the sweet-and-salty Teriyaki Glaze.

OVEN TEMPERATURE 375°F GRILL MEDIUM HEAT
FOIL 4 SHEETS NONSTICK FOIL OR FOIL LIGHTLY COATED WITH COOKING SPRAY
SIZE 12" X 18" TENT-STYLE PACKAGE SERVES 4
TERIYAKI GLAZE
^{1/2} cup firmly packed light brown sugar
^{1/2} cup soy sauce
¹ tablespoon rice vinegar
¹ teaspoon cornstarch
^{1 1/4} pounds ground chicken or turkey
^{1/4} cup thinly sliced green onion
^{1 1/2} tablespoons minced fresh ginger
^{1/4} teaspoon garlic powder
^{1/2}

teaspoon fine sea salt 1 teaspoon sesame oil ½ cup panko breadcrumbs 1 Preheat the oven to 375°F or your grill to medium heat. 2 Prepare the Teriyaki Glaze: Stir together the brown sugar, soy sauce, rice vinegar, and cornstarch in a small saucepan until well blended. Bring the sauce to a boil over medium-high heat; boil for 1 minute. Set aside. 3 Combine the chicken, onion, ginger, garlic powder, salt, oil, and breadcrumbs in a bowl, stirring with your hands until well blended. Roll the mixture into 1½-inch meatballs (about 20). 4 Divide the meatballs evenly in the center of the foil sheets. Drizzle the Teriyaki Glaze evenly over the meatballs, rolling them around to lightly coat. 5 Fold the foil over the mixture and crimp the edges for tent-style packages. Cook for 25 minutes, until the meatballs are cooked through.

CHICKEN WITH CREAMY TOMATO-BASIL SAUCE

cremini mushrooms are the “baby” form of portobellos. These dark brown mushrooms have an earthier flavor, but you can substitute any mushroom you desire. Dry- or oil-packed dried tomatoes can be used as long as the dried ones are still soft and tender.

OVEN TEMPERATURE 350°F GRILL MEDIUM HEAT FOIL 4 SHEETS NONSTICK FOIL OR FOIL LIGHTLY COATED WITH COOKING SPRAY SIZE 12” X 15” TENT-STYLE PACKAGE SERVES 2

4 ounces cream cheese ½ cup julienned Italian-seasoned sun-dried tomatoes ¼ cup shredded or grated Parmesan cheese ¼ cup fresh basil leaves, minced 1 tablespoon white wine ½ teaspoon fine sea salt ¼ teaspoon freshly ground black pepper 12 ounces boneless, skinless chicken breasts or cutlets 4 ounces cremini or button mushrooms, sliced

1 Preheat the oven to 350°F or your grill to medium heat. 2 Place the cream cheese in a glass bowl and microwave on high for 30 seconds, until the cheese is very soft and almost melted. Stir in the tomatoes, Parmesan, basil, wine, salt, and pepper. Set aside. 3 Place the chicken breasts on a cutting board. Hold each breast flat with one hand and, using a sharp knife in your other hand, slice the chicken breast horizontally into two even pieces. Place each cutlet between two sheets of plastic wrap and pound to an even thickness. 4 Divide the chicken evenly and place in the center of each piece of foil. Divide the mushrooms evenly and place over the chicken. Dollop the cheese mixture on top. 5 Fold the foil over the mixture and crimp the edges for tent-style packages. Cook for 40 minutes, until the chicken is cooked through.

CHICKEN WITH ROOT VEGGIES

Beets are polarizing. Aside from their health benefits, diners either love or hate them. If you relate to the latter, simply substitute russet or sweet potatoes. Beet lovers won’t be alarmed when the dish takes on a pinkish hue when cooked, as they’re used to the vibrant color that spreads around the dish.

OVEN TEMPERATURE 375°F GRILL MEDIUM HEAT FOIL 4 SHEETS HEAVY-DUTY NONSTICK FOIL OR FOIL LIGHTLY COATED WITH COOKING SPRAY SIZE 12” X 18” TENT-STYLE PACKAGE SERVES 4

3 tablespoons butter, melted 2 garlic cloves, minced 2 teaspoons chopped fresh rosemary 1 teaspoon fine sea salt 1 teaspoon freshly ground black pepper 1 cup baby carrots, halved lengthwise 1 sweet onion, cut into thin wedges 3 small red or yellow beets, peeled and chopped 8 radishes, halved 1 lemon, thinly sliced 1¼ pounds boneless, skinless chicken thighs, cutlets, or breasts

1 Preheat the oven to 375°F or your grill to medium heat. 2 Combine the butter, garlic, rosemary, salt, and pepper in a large bowl. Stir in the carrots, onion, beets, radishes, and lemon. Place the vegetables in the

center of each piece of foil.³ If using chicken breasts, slice each one in half lengthwise to form cutlets. Place between sheets of plastic wrap and pound to an even thickness. Arrange the chicken evenly over the vegetables. Drizzle any seasoned butter left in the bowl over the chicken.⁴ Fold the foil over the vegetables and crimp the edges for tent-style packages. Cook for 50 minutes, until the chicken is cooked through and the vegetables are tender.

CHIPOTLE-ORANGE CHICKENThe spicy, smoked jalapeños, called chipotle chilies, are commonly sold immersed in adobo sauce in cans. The seeds are particularly hot, and you can omit them if you want a milder dish. Remember to wash your hands after touching the peppers.

OVEN TEMPERATURE 350°F **GRILL** MEDIUM **HEAT**FOIL 4 SHEETS **NONSTICK FOIL** OR **FOIL LIGHTLY COATED WITH COOKING SPRAY**SIZE 12" X 15" **TENT-STYLE PACKAGE**

SERVES 4½ cup orange marmalade1 tablespoon white balsamic or white wine vinegar1 teaspoon chipotle peppers in adobo sauce, minced1 teaspoon fine sea salt½ teaspoon ground cumin½ teaspoon freshly ground black pepper4 boneless, skinless chicken thighs2 cups cooked rice2 teaspoons chopped fresh cilantro¹ Preheat the oven to 350°F or your grill to medium heat.² Combine the orange marmalade, vinegar, chipotle peppers, salt, cumin, and pepper in a large bowl. Add the chicken, tossing to coat.³ Combine the rice and cilantro, stirring until well blended. Spoon ½ cup of the rice into the center of each piece of foil. Divide the chicken evenly and place over the rice. Drizzle the liquid from the bowl evenly over the chicken.⁴ Fold the foil over the chicken and crimp the edges for tent-style packages. Cook for 35 minutes, until the chicken is cooked through.

GREEK CHICKEN WITH OLIVES AND FETAMany packaged chicken breasts are enormous—up to 10 ounces each—but organic and free-range versions are closer to a healthy portion size. If the breasts are thicker than 1 inch, slice them in half horizontally rather than trying to pound them to an even thickness.

OVEN TEMPERATURE 375°F **GRILL** MEDIUM **HEAT**FOIL 4 SHEETS **NONSTICK FOIL** OR **FOIL LIGHTLY COATED WITH COOKING SPRAY**SIZE 12" X 15" **TENT-STYLE PACKAGE**

SERVES 42 tomatoes, seeded and chopped½ red onion, thinly sliced¼ cup pitted Kalamata olives, halved2 garlic cloves, minced3 tablespoons chopped fresh flat-leaf parsley1 tablespoon chopped fresh oregano1 teaspoon lemon zest1 tablespoon fresh lemon juice¼ teaspoon freshly ground black pepper½ cup (4 ounces) crumbled feta cheese4 (4- to 6-ounce) chicken breasts2 cups cooked orzo or rice¹ Preheat the oven to 375°F or your grill to medium heat.² Combine the tomatoes, onion, olives, garlic, parsley, oregano, lemon zest, lemon juice, pepper, and feta in a medium bowl.³ Place the chicken between two pieces of clear plastic wrap and pound to an even thickness. Spoon ½ cup of the orzo into the center of each piece of foil. Top the orzo with a chicken breast. Top the chicken evenly with the tomato mixture.⁴ Seal and crimp the edges for tent-style packages. Cook for 30 minutes, until the chicken is cooked through.

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Grilling with Foil Packets: Delicious All-in-One Recipes for Quick Meal Prep, Easy Outdoor

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What people say about this book

Cookie, "Easy Prep Meals. This book is fantastic, especially for prep meals or camping needs. Ready in no time and the family loves them. I can actually prepare several at a time, and freeze the others when ready for use."

danette s bishop, "Foil Pack Dinners. The recipes are easy to follow, contain readily available ingredients, and are delicious."

AnnieB, "Interesting and versatile. Foil Pack Dinners is a technique guide and recipe collection for steaming/grilling and more in foil on the grill and oven. Released by Simon & Schuster on their Tiller Press imprint, it's 192 pages and available in paperback and ebook formats. It has a logical and accessible format. The author provides a good introduction (I was unaware of the papillote or el cartoccio techniques prior to encountering this book, except in the most general terms from camping trips in my childhood - very primitively steamed fish). She continues with a tutorial on sourcing and buying the right heavy duty foil for cooking, different ways of packing food in foil (flat packs, tents), ingredient prep, liquids, and even transporting food in foil. The author does a thorough job of covering all the relevant points of different heat sources, safety, and food handling. The recipes are well written and clear. They're grouped by category: chicken, meats, fish, vegetarian. The recipe ingredients are listed in a sidebar. Measurements are given in American standard only (with a conversion table in the back of the book for metric). The recipes don't include nutritional information or serving size/yields. My main quibble with the book is that the recipes are mostly not photographed. There are some photos, and they're clear and attractive, but they only represent about 5% of the recipes included in the book. It is, however, a very well written book full of tasty food prepared in a novel way. This would make a good gift for folks living away from home for the first time, as well as adventurous cooks looking for some interesting and tasty new techniques. I liked that much of the recipes can easily be made ahead of time. This would be a great collection to adapt to meal-prep and planning lifestyles. Four stars. Well written and attractive. Disclosure: I received an ARC at no cost from the author/publisher for review purposes."

Susan Z, "Easy recipes with speedy cleanup. 4.5 stars After spending 10 weeks cooking dinner everyday due to the quarantine, this book was truly a gift. I was in desperate need for new recipes and not only did this book deliver on the variety I needed but I liked the alternative cooking technique as well. I have used foil packets in the past for a few veggie dishes on the grill, but this book takes it to a new level. The best thing about foil pack cooking is LESS DISHES. I am honestly more sick of dishes than cooking right now. This book is full of tips and tricks to help you achieve the best results. All recipes have instructions for oven and grill cooking. The recipes were grouped as follows: Yardbirds (mostly chicken but some other poultry) Carnivore Cravings Catch of the day Handheld From the Garden I loved that this book had some basic

dishes but also some fun new twists (Cilantro pepita pesto with chicken and rice for example. YUM!) Some recipes do rely on other cooked ingredients, liked cooked rice or marinara sauce so you do need to plan ahead. The pictures were both beautiful and appetizing, I wish there were more. Thank you Tiller Press and NetGalley for this digital ARC in exchange for an honest review.”

AMK, “100 easy to make foil dinners.. There is a lot of good information in this book about cooking on a grill or oven with foil. The beginning of the book talks about various types of foil, coatings, Safety and strength. The illustrations are beautiful for each of the 100 recipes included in the book. There are several vegetarian recipes included that look easy to make. It gives tips for adapting recipes for grill, oven and even campfires. I hope when the physical book is published they fix the table of contents and index, but that's my only complaint. A perfect gift for the outdoor cook in your family, the recipes are easy to follow without exotic ingredients. I received a copy of this ARC in exchange for a fair and honest review.”

The book by Julia Rutland has a rating of 5 out of 4.3. 77 people have provided feedback.

Cover Title Page Introduction Chapter 1: Yardbirds Chapter 2: Carnivore Cravings Chapter 3: Catch Of The Day Chapter 4: Handheld Chapter 5: From The Garden Metric Charts About the Author Index Copyright

Book Information

Language: English

File size: 32281 KB

Simultaneous device usage: Unlimited

Text-to-Speech: Enabled

Screen Reader: Supported

Enhanced typesetting: Enabled

X-Ray: Enabled

Word Wise: Enabled

Print length: 162 pages

Lending: Not Enabled

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