

## Italian Chicken (or Fish) in Parchment Paper

Quick, easy, delicious, healthy, and packed nutrients with fresh herbs/ vegetables plus protein for sustained energy. Who know it could be so good...AND have so little clean-up! This is one of my favorites to make healthy eating delicious and convenient!

~ Julie

### Serves 4

4 sections of Parchment paper cut into 12" x 16" pieces  
4 skinless chicken breast (~4oz each) or white flaky fish  
4 cups blend of organic Spinach and Arugula mix  
3-4 medium Roma tomatoes – chopped  
1 cup chopped zucchini  
4 tsp. fresh basil and oregano- finely chopped (*could substitute dried herbs*)  
Italian seasoning  
Sea salt/pepper/ garlic salt  
4 Tsp cold-pressed olive oil (good quality works best)  
Fresh grated Parmesan cheese or feta  
Olive oil Cooking Spray

### Nourishing “Nuggets”:

- For convenience, check out the roasted organic minced garlic in the jar
- Try the organic multicolored carrots at the local Farmer's Market - delicious and nutritious. Consider organic celery since it a Dirty Dozen!
- I like to use a bit more of the cayenne for extra "kick"
- Try a variety of lentils for taste and texture – I love the red lentils
- Look for the tomatoes in the carton vs. cans
- For less sodium - use 1/2 broth and 1/2 water

### Directions: