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Wise Notes for Consumers

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Enjoying Texas Produce

How fortunate for us that Texas is one of the largest producers of fresh fruits and vegetables which makes our choices almost endless. This fact is important because of their high nutritional value. According to the 2010 U.S. Dietary Guidelines, fruits and vegetables are major contributors of nutrients that are under-consumed in the United States, including folate, magnesium, potassium, fiber, and vitamins A, C and K. According to the Texas Department of Agriculture, more than 60 commercial fruit and vegetable crops are grown in the Lone Star State- from apples to zucchini and everything in between. The Texas Red Grapefruit is the official state fruit and the sweet onion is the official vegetable.

The following recipe for Chicken and Summer Veggies Grilling Pocket includes the state vegetable onions and a whole lot more. It is a simple dish to throw together then throw on the grill for a simple and impressive dinner! I hope you try out this recipe courtesy of Texas A&M AgriLife Extension's, Dinner Tonight - Taste of Texas showcase.

Chicken and Summer Veggies Grilling Pocket

Serves 6

- 1 large red bell pepper sliced into strip
- 1.5cup mushrooms sliced
- 1 onion thickly sliced
- 2 medium zucchini sliced

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- 1 medium summer squash
- 1.5pound chicken breast cut into equal size cubes
- 3 Tablespoons olive oil
- 1 Tablespoon oregano dried
- 1Tablespoon parsley dried
- 1/2teaspoon garlic powder
- 1 Teaspoon paprika

Wash your hands and clean your preparation area. Heat your grill to cook over medium-high heat. Cut the vegetables as directed. Cut the chicken in to evenly sized cubes. Combine the olive oil, oregano, parsley, garlic powder, and paprika in a small bowl. Cut 6 sheets of foil approximately 12 inches in length each. Divide the vegetables and chicken evenly among the 6 sheets of foil. Top each with some of the oil mixture, spreading over the vegetables and chicken. Fold the foil so that it creates a sealed pocket. Grill the foil packets over medium high heat for 35 to 40 minutes, or until chicken reaches 165 degrees F.

Nutrient information per serving: Calories-240; Total Fat-10g; Saturated Fat-1.5g; Sodium- 60g;

Total Carbohydrate- 8g; Dietary Fiber-2 g; Total Sugars- 4g; Protein-28g

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