

Campers' Chicken Provençal

2 boneless, skinless chicken breasts, split
Aluminum foil

For the Marinade:

- 1/4 cup white wine
- 1 tablespoon Dijon mustard
- 2 cloves garlic
- 1 small shallot
- 1 lemon, juice & finely grated rind
- 1/4 cup olive oil
- salt & pepper to taste

Vegetables:

- 2 small zucchini, sliced
- 2 small summer squash, sliced
- 1 red pepper, cubed
- 1 yellow pepper, cubed
- 1 onion, cubed
- 2 pope tomatoes, cubed
- 1 cup basil leaves, chopped



The night before you're going camping

Prepare Marinade by mixing all ingredients in blender until smooth. Place chicken in a sealable plastic bag and pour the marinade over it. Seal bag and freeze chicken until you leave for camp. (May be frozen longer than overnight, but must be thawed before cooking.)

The morning you're going camping

Chop and slice all vegetables and place into another sealable plastic bag. Refrigerate until the campfire is ready.

Build the fire

Build a large fire of charcoal or wood, burn until there is a large bed of coals.

Assemble cooking packets

1. Tear 8 large pieces of aluminum foil, approximately 12 " square. Place on flat surface, and put 2 sheets together, shiny sides facing you, dull sides out, for each cooking packet.
2. Place a chicken breast on the foil and mound veggies on top. Sprinkle with remaining marinade.
3. Pull 2 sides up, and fold together toward the chicken.
4. Fold remaining open ends toward the first fold and pinch to join the first fold. Small spaces will remain, this is for the steam to escape. Repeat for other chicken breast.

Cook

1. Place the packets over the coals and allow to cook for about 30 minutes.
2. Test the chicken by gently opening one of the spaces, careful of escaping steam, and inserting a sharp knife into the chicken. The chicken is done when the knife enters easily and juices are clear, not red.

(In the event the chicken is taking a long time, you may need to bank the coals around the cooking packets, but not on top of them as that will cause the veggies to burn.)

Serve

1. Use an oven mitt and tongs to retrieve the cooking packets from the fire.
2. Using the tongs to prevent the steam from burning you, pull the foil apart and slide all the ingredients onto a plate.