

# Grilled Vegetable Packets

## Ingredients:

- 2 small zucchinis, sliced
- 2 small yellow squashes, sliced
- 4 small red potatoes, scrubbed well and sliced
- ½ red onion, sliced
- ½ bell pepper (red or green), seeded and sliced
- ¼ cup light Italian salad dressing
- Salt and pepper to taste

## Preparation:

1. Heat grill to medium heat or 350°F.
2. Wash vegetables and then slice them.
3. Toss vegetables in a large bowl. Add dressing and toss until all vegetables are coated.
4. Tear 2 large squares of aluminum foil. Place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold the bottom piece with the top sheet to form a packet.
5. Place on heated grill for 20–30 minutes or until the potatoes are tender. If you don't have a grill, bake Veggie Packets in the oven at 400°F for 20–30 minutes.
6. Poke holes in the foil with a fork before you open the packets to let some steam out. Be very careful opening the foil as the steam will be very hot and could burn you!
7. Empty vegetables onto serving plate or serve from foil packets.

## Note:

Try different vegetables such as tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, and corn, or use your favorite vegetables. Use herbs or spices in place of dressing, for example, chili powder, Italian or oriental seasoning, basil, oregano, and curry powder. Be creative!

Yields 5 (¾ cup) servings

Nutritional Information Per Serving: 160 calories, 4g protein, 31g carbohydrate (4g fiber), 2.5g fat, 0mg cholesterol, 170mg sodium

Source: U.S. Department of Agriculture

