

# Grilled Vegetable Packets

Veggies are wrapped in foil and cooked on the grill for an easy side dish to your cookout. Don't have a grill? This recipe can also be made in the oven.

Makes: 5 Servings  
 Prep Time: 12 minutes  
 Cook Time: 30 minutes

Source: MyPlate Kitchen

## Ingredients

- 2 zucchini, small (sliced)
- 2 yellow squash, small (sliced)
- 4 red potatoes, small (scrubbed well and sliced)
- 1/2 red onion (sliced)
- 1/2 bell pepper (red or green, seeded and sliced)
- 1/4 cup Italian salad dressing, light
- salt and pepper (optional, to taste)

## Directions

1. Heat grill to medium heat or 350° F (or heat oven to 400°).
2. Wash vegetables and slice.
3. Toss vegetables in a large bowl. Add dressing and toss until vegetables are coated.
4. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of the vegetable mixture and fold bottom piece with top sheet to form a packet.
5. Place on heated grill for 20-30 minutes or until the potatoes are tender, or bake in the oven at 400 degrees for 20-30 minutes.
6. Empty vegetables onto serving plate or serve from foil packets.

Small Changes,  
 BIG Difference!



### Nutrition Information

Serving Size: 3/4 cup (316g)	
Nutrients	Amount
Calories:	133
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	144 mg
Total Carbohydrates:	29 g
Dietary Fiber:	4 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein:	4 g

### Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Measuring cups
- Grill or oven
- Aluminum foil

# SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$6.80

Average cost/serving: \$1.36

Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 4 to Cart  
Red Potatoes



Add 2 to Cart  
Zucchini



Add 1 to Cart  
Red Onion



Add 2 to Cart  
Yellow Squash



Add 1 to Cart  
Bell Pepper (any color)



Add 1 to Cart  
Light Italian Dressing, 16 oz

## SAVE TIME, SAVE MONEY

### Produce Tips: Potatoes

- Potatoes are available fresh, frozen, and canned for good nutrition and convenience. If selecting fresh, look for clean, smooth, firm-textured potatoes with no cuts, bruises, or discoloration.
- Store potatoes in a cool, well-ventilated place. Avoid areas that reach high temperatures (beneath the sink or beside large appliances) or receive too much sunlight (on the countertop.)

### Preparation Tips

- Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil as the steam will be very hot and could burn you!

### My Cooking Notes