Grilled Vegetable Packets

Vegetables 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

Ingredients

- 2 small zucchini, sliced
- 2 small yellow squash, sliced
- 4 small red potatoes, sliced
- 1 medium red onion, sliced
- 1 red or green bell pepper, sliced
- 2 tablespoons oil
- salt and black pepper to taste

Directions

1. Heat grill to medium heat or 350°F.
2. Place sliced vegetables into a large bowl. Add oil and toss until all vegetables are coated.
3. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal sized piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.
4. Place on heated grill for 20-30 minutes or until the potatoes are tender.
5. Before you open the packets, poke holes in the foil with a fork. Be careful opening the foil as the steam will be very hot.
6. Empty vegetables onto serving plate or serve from foil packets.

Notes

- If you don’t have a grill, bake packets in the oven at 400°F for 20-30 minutes.
- Try different vegetables - tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn, or a combo of your favorites.
- Be creative! Use herbs or spices when tossing vegetables with oil: Italian seasoning, chili powder, basil, oregano, curry powder, or your favorite seasoning.

Recipe from: Connecticut Food Policy Council, adapted by the USDA Food and Nutrition Administration.

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