



September 10- Grilled Vegetable Packets

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/grilled-vegetable-packets>

Recipe

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
- 1 salt and pepper (optional, to taste)

Directions:

1. Heat grill to medium heat or 350°F.
2. Wash vegetables and slice.
3. Toss in a large bowl. Add dressing and toss until all 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 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. If you don't have a grill bake Veggie Packets in the oven at 400°F for 20-30 minutes.
6. 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!
7. Empty vegetables onto serving plate or serve from foil packets.

Yield 5 servings

Nutrition Facts

Serving Size 3/4 cup (324.1g)
Servings Per Container 5

Amount Per Serving

Calories 180 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 35g **12%**

Dietary Fiber 5g **19%**

Sugars 7g

Protein 5g **10%**

Vitamin A 8% • Vitamin C 80%

Calcium 6% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.