

GRILLED VEGETABLE PACKETS

SERVES 5

This recipe can be enjoyed all year long. You can either grill the vegetables or bake them in the oven.

INGREDIENTS

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| 2 small zucchini, diced | ½ medium bell pepper, seeded and sliced |
| 2 small summer squash, sliced | ¼ cup Italian dressing, low fat |
| 4 small red potatoes, scrubbed well and sliced | Salt and pepper to taste |
| ½ medium red onion, sliced | |

DIRECTIONS

1. Heat grill to MEDIUM heat or 350 degrees. (or heat oven to 400 degrees)
2. Wash vegetables and slice.
3. Toss in 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 to top of the vegetable mixture and fold bottom piece with top sheet to form a packet.
5. Place on heated grill for 15-20 minutes or until potatoes are tender.
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 plates or serve from foil packets.

Source: Recipe courtesy of Fruits and Veggies-More Matters®
www.FruitsAndVeggiesMoreMatters.org

NUTRITIONAL INFO: Serving Size: 1/5 of recipe, Calories: 130, Fat: 1 gram (g), Sodium: 105 milligrams (mg), Protein: 4 grams (g).



FACTS ON SUMMER SQUASH

- SUMMER SQUASH IS HIGH IN VITAMIN C AND NIACIN.
- FOR BEST FLAVOR CHOOSE A SMALL SQUASH WITH BLEMISH-FREE SKIN.
- THEY KEEP WELL IN A PLASTIC BAG IN REFRIGERATOR FOR UP TO FIVE DAYS.
- UNLIKE WINTER SQUASH, YOU CAN EAT THE RINDS OF SUMMER SQUASH.

SIMPLY GOOD EATING



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