



Eat Well

## Grilled Vegetable Packets

### Directions

Heat grill to medium heat or 350 degrees F. Wash and slice vegetables. Toss in a large bowl. Add dressing and toss until all vegetables are coated. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet. Place on heated grill for 20-30 minutes or until the potatoes are tender. If you don't have a grill bake vegetable packet in the oven at 400 degrees F for 20-30 minutes. Before you open the packets, poke holes in the foil with a fork. Be careful when opening the foils as steam will be very hot. Empty vegetables onto serving plate or serve in foil packets.

*Servings: 5 (3/4 cup)*

### Nutrition information per serving:

Calories 160, Fat: 5g, Sodium 170mg,  
Carbohydrates 31g, Protein 4g.

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Source: adapted from Cornell University  
Cooperative Extension

### Ingredients

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

