## Grilled Vegetable Packets

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

### Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>170mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
<td></td>
</tr>
</tbody>
</table>

### 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 two 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.

**Tip:** Try different vegetables: tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn, etc. Use herbs or spices in place of salad dressing: chili powder, Italian or oriental seasoning, basil, oregano, curry powder — be creative!

---

## Grilled Vegetable Packets

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

### Nutrition Facts

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>160</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2.5g</td>
<td>4%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>170mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
<td></td>
</tr>
</tbody>
</table>

### 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 two 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.

**Tip:** Try different vegetables: tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn, etc. Use herbs or spices in place of salad dressing: chili powder, Italian or oriental seasoning, basil, oregano, curry powder — be creative!
Family Nutrition Program

- Make half your plate fruits and vegetables.
- Choose water over sugary drinks.
- Make a grocery list before you shop.

For information on free classes:
Adrian Kohrt • 907-474-7930
amkohrt@alaska.edu
www.uaf.edu/ces/hhfd/fnp
www.uaf.edu/ces • 1-877-520-5211

The Family Nutrition Program gives you the tools to make important decisions about your family’s health and well-being.

This material was funded by the USDA/Supplemental Nutrition Assistance Program and USDA/National Institute of Food and Agriculture’s Expanded Food and Nutrition Education Program.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-465-3347. UAF is an AA/EO employer and educational institution.

Family Nutrition Program

- Make half your plate fruits and vegetables.
- Choose water over sugary drinks.
- Make a grocery list before you shop.

For information on free classes:
Adrian Kohrt • 907-474-7930
amkohrt@alaska.edu
www.uaf.edu/ces/hhfd/fnp
www.uaf.edu/ces • 1-877-520-5211

The Family Nutrition Program gives you the tools to make important decisions about your family’s health and well-being.

This material was funded by the USDA/Supplemental Nutrition Assistance Program and USDA/National Institute of Food and Agriculture’s Expanded Food and Nutrition Education Program.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-465-3347. UAF is an AA/EO employer and educational institution.