



Vegetable Foil Packets

SERVING: 1 CUP
YIELD: 6

PREP TIME: 5 MIN
TOTAL TIME: 30 MIN

Ingredients

- 3 medium red potatoes, cubed
- 1/2 small onion, chopped
- 2 Tbsp olive oil
- 1 tsp oregano
- 1 tsp rubbed sage
- 1 tsp rosemary leaves
- 1 pkg frozen green beans
- 1 pkg frozen broccoli stir fry
- 1 pkg frozen zucchini blend

Directions (Oven)

1. PREHEAT oven to 425° F. Cut 6 12-by-18-inch pieces of heavy-duty foil.
2. In a large bowl, combine vegetables, oil and seasonings. Divide vegetables evenly among foil pieces (about 2 cups).
3. Fold long sides of foil toward each other, crimping edges to seal. Fold and crimp remaining edges, forming a sealed packet.
4. Heat in oven for 25-30 minutes until done.

Nutrition Facts	
6 servings per container	
Serving size	2 cup (0.0g)
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	8%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 1.7mg	10%
Potassium 700mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Lightly salt to taste if needed.

Directions (Grill)

1. Follow directions above step 1-3.
2. Place sealed packets, seam side up, on grill. Close grill and cook for 20 minutes. To check for doneness, remove one packet from grill, open carefully and taste a vegetable: It should be crisp-tender. Carefully open packets and serve.

Cost Per Recipe	Cost Per Serving
\$7.47	\$1.25