

Vegetable Foil Packets



*Carolyn T's
Main Cookbook*

Servings: 4

Notes: You can add green beans to the mixture too, and summer squash, or sweet potatoes, celery, other root vegetables, corn, green onions, green peppers, chayote. If you prefer different proportions of things, just adjust. These also can be done on a barbecue, off on the side and not over direct heat, for about 15 minutes or so. Open one of the pouches to see if they're done. The larger the chunks of veggies, the longer it will take to cook. You can also make these in much larger packets (to serve 3-4 people). Just be careful when you move it off the tray.

Description: Just simple veggies baked in a foil pouch in the oven. To my taste, it's the onion, potato and squash that make this.

- 2 medium potatoes, peeled, in chunks**
- 2 medium red onion, cut in small chunks**
- 2 medium carrots, cut in 3/4 inch coins**
- 1 large zucchini, cut in chunks**
- 1 large yellow squash, cut in chunks**
- 1 teaspoon kosher salt**
- 1/2 teaspoon freshly ground black pepper**
- 1 teaspoon dried thyme, crumbled**
- 4 tablespoons unsalted butter, cut in slices**

*Blog: Carolyn T's Blog:
<http://tastingspoons.com>*

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*Per Serving (excluding unknown items): 210 Calories;
12g Fat (48.7% calories from fat); 4g Protein; 25g
Carbohydrate; 5g Dietary Fiber; 31mg Cholesterol;
493mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2
Vegetable; 2 1/2 Fat.*

1. Preheat oven to 350. Tear off a large piece of heavy-duty aluminum foil for each serving.
2. Spray the center of the foil with vegetable spray.
3. Layer the vegetables as follows: potatoes, onions, carrots, squash. Sprinkle top with salt, pepper and thyme.
4. Dot the top of the veggies with butter. Carefully seal up pouches, turning under the seam and turning up the ends securely. Place pouches on a large rimmed baking tray.
5. Bake for 60 minutes. Place packet on each plate and serve. Veggies can be removed from the pouches, or served right in the pouches. They'll stay hot longer if you leave them in the pouch.