

Grilled Foil-wrapped Vegetables

Ingredients:

- 3 medium onions, peeled and quartered
- 4 c. water
- 1 bunch broccoli flowerets
- 2 small yellow squash, cut into 1-inch slices
- 1 green or red pepper, cut into ½-inch strips
- Lemon juice (2 Tbsp. total)
- Pepper and salt (regular or seasoned salt)
- Butter (3 Tbsp. total)

Directions:

- Prepare vegetables as described. In a saucepan, boil water, then add onions. Allow the onions to cook for three minutes, then drain thoroughly. Divide all vegetables into six portions and place on pieces of heavy aluminum foil. Sprinkle each portion with 1 teaspoon of lemon juice, and dash of pepper and salt. Top each with 1½ teaspoons of butter. Wrap packets tightly and grill over hot coals for about 30 minutes. (You also can cook this recipe in a preheated 375 F oven for about 20 to 30 minutes, until vegetables are tender.)

Makes six servings. Per serving: 120 calories, 6 grams (g) fat, 14 g carbohydrate, 4 g fiber and 180 milligrams sodium.

NDSU EXTENSION
SERVICE