

Quick Vegetable Packets



Ingredients:

- 2 zucchini, sliced
- 2 yellow squash, washed and sliced
- 4 small potatoes, sliced
- 1/2 onion, sliced
- 1/2 bell pepper, seeded and sliced
- 1/4 cup light Italian dressing

Directions:

1. Preheat oven to 350F.
2. Stir vegetables and dressing in a large bowl.
3. Spread vegetables in the center of a sheet of foil.
4. Fold and seal foil edges to make a packet.
5. Bake 20-30 minutes or until vegetables soft.

Makes 5 servings.



Tarrant County Public Health
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