

Grilled-Vegetable-Pocket Party

INGREDIENTS

- 2 tbsp. olive oil, divided
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 tsp. dried rosemary, crushed and divided
- 2 small zucchini, sliced
- 2 small yellow summer squash, sliced
- ½ lb. medium fresh mushrooms, quartered
- 1 large tomato, diced
- salt and pepper to taste

INSTRUCTIONS

- » Drizzle 1 tablespoon of the oil over a double thickness of heavy-duty foil (about 24 in. × 12 in.).
- » Combine the onion, garlic, and 1/2 teaspoon rosemary; spoon over foil. Top with zucchini, yellow squash, mushrooms, and tomato; drizzle with the remaining oil. Sprinkle with salt, pepper, and remaining rosemary.
- » Fold foil around vegetables and seal tightly. Put on grill for 15 minutes (or bake at 400° F for 30 minutes). Open foil carefully to allow steam to escape. It's a vegetable-pocket party!

Makes 8 servings. Each serving provides 60 calories, 2 grams protein, 6 grams carbohydrate, 4 grams fat, 227 milligrams sodium, 2 grams fiber.

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Recipe courtesy of the National WIC Association

