

GR-259656 · Grilled Vegetable Pocket Party · 1 each · 8 servings

 Other Veg: 7/8

Section 1

Oil, extra virgin olive, salad or cooking
2 tbsp

Onions, raw, chopped
1 c

Garlic, raw
5/8 tbsp

Spices, rosemary, dried
1 tsp

Squash, summer, zucchini, includes
skin, raw
2 cup, sliced

Squash, summer, all varieties, raw
2 cup, sliced

Mushrooms, white, fresh, raw, slices
1/2 lb

Tomatoes, Red, Ripe, Large
1 cup, chopped or sliced

Salt, table
1 tsp

Spices, pepper, black
1 tsp

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

Grilled Vegetable Pocket Party

Nutrition Facts

Servings Per Container 1

Serving Size 1 each

Amount Per Serving

Calories **58**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 297mg **13%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **6%**

Sugars 3g

Protein 2g **4%**

Vitamin D: 0% DV • Potassium: 7% DV

Calcium: 2% DV • Vitamin A: 3% DV

Iron: 3% DV • Vitamin C: 17% DV

* 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.