

Vegetable Variety Pack

Makes: 5 servings

Ingredients

- 2 zucchini (small, washed and sliced)
- 2 yellow squash (small, washed and sliced)
- 4 potatoes (small, scrubbed and sliced)
- 1/2 onion (peeled and sliced)
- 1/2 bell pepper (green or red, washed, seeded and sliced)
- 1/4 cup Italian salad dressing (light)

Directions

1. Preheat oven to 350°F.
2. Stir vegetables and dressing in large bowl.
3. Spread vegetables in the center sheet of aluminum foil. Bring together and seal to make packet.
4. Bake for 20-30 minutes.

Source: Maryland Food Supplement Nutrition Education program, 2009 Recipe Calendar

Nutrition Information

Nutrients	Amount
Calories	120
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	120 mg
Total Carbohydrate	26 g
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	