Farmers Market Fun Family Recipes

**Summer Squash**

**Grilled Vegetable Pockets**

*Serving Size: ¾ tomato Yield: 5 servings*

**Ingredients**
- 2 small zucchinis, sliced
- 2 small yellow squash, sliced
- 4 small red potatoes, scrubbed well and sliced
- ½ red onion, sliced
- ½ bell pepper (red or green), seeded and sliced
- ¼ cup Italian salad dressing, lite
- salt and pepper to taste

**Instructions**
1. Heat grill to medium or 350 degrees.
2. Wash vegetables and slice.
3. Toss in a large bowl. Add dressing and toss until all vegetables are coated.
4. Tear 2 large squares of aluminum foil and place half of the vegetable mixture on each piece. Place an equal piece of foil over the top of vegetable mixture and fold bottom piece with top sheet to form a packet.

– Over –
5. Place on heated grill for 20 to 30 minutes or until the potatoes are tender. If you don’t have a grill, bake Veggie Packets in the oven at 400 degrees for 20 to 30 minutes.

6. Before you open the packets, poke holes in the foil with a fork. Be very careful opening the foil because the steam will be very hot and could burn you!

7. Empty vegetables onto serving plate or serve from foil packets.

Tip

Try different vegetables – tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn, or other favorites.

Use herbs or spices in place of dressing – chili power, Italian or oriental seasoning, basil, oregano, curry powder. Be creative!

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.