

Grilled Vegetables In Foil

Grilled vegetables in foil is a great recipe to have on hand when camping or cooking over an open fire, but it's also nice on your backyard gas grill too. Here, we cook asparagus, mini peppers and zucchini together with a hint of garlic and butter. Delicious!

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Recipe Summary

active: 25 mins

total: 25 mins

Servings: 6

Ingredients

Ingredient Checklist

- 1 pound asparagus, trimmed and diagonally cut into 2-inch pieces
- 1 pound sweet mini peppers, stemmed, seeded and halved lengthwise
- 2 medium zucchini, diagonally cut into 1/2-inch half-moons
- 2 tablespoons extra-virgin olive oil
- 3 cloves garlic, finely chopped
- 3/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 tablespoons unsalted butter, softened
- 1 tablespoon chopped fresh flat-leaf parsley
- 1 teaspoon chopped fresh chives

Directions

Instructions Checklist

- Step 1

Preheat a gas grill to medium-high (400-450 degrees F). (Or, for a charcoal grill, build a fire with coals in the bottom center of the grill and let it burn down to medium-high heat, about 400-450 degrees F.)

- Step 2

Toss asparagus, mini peppers, zucchini, oil, garlic, salt and pepper in a large bowl until evenly coated. Divide the mixture evenly among 6 sheets of foil. Working with 1 foil sheet at a time, bring up 2 sides of the foil to meet in the center. Create a tight 1/2-inch fold to seal. Fold over 1 more time, making sure to leave space in the packet between the vegetables and the foil. Fold the other sides of the foil in, creating a sealed foil rectangle.

- Step 3

Place the foil packets, sealed-side up, on the grill rack; grill, covered, for 4 minutes. Flip the packets; grill until the vegetables are tender, about 4 minutes more. Remove from the grill.

- Step 4

Stir butter, parsley and chives together in a small bowl. Carefully open the foil packets. Place 1 teaspoon butter mixture in each packet; reseal the packets and let stand until the butter melts, about 1 minute.

Nutrition Facts

Serving Size: 1 cup

Per Serving:

127 calories; protein 3.4g 7% DV; carbohydrates 10.1g 3% DV; dietary fiber 3.6g 14% DV; sugars 5.4g; fat 8.9g 14% DV; saturated fat 3.1g 16% DV; cholesterol 10.2mg 3% DV; vitamin a iu 3383.8IU 68% DV; vitamin c 115mg 192% DV; folate 156.5mcg 39% DV; calcium 37.4mg 4% DV; iron 1.3mg 7% DV; magnesium 31.7mg 11% DV; potassium 500mg 14% DV; sodium 310mg 12% DV.

<http://www.eatingwell.com/recipe/279523/grilled-vegetables-in-foil/>