

Grilling Tips and Recipes for Vegetable Tinfoil Packets

These grilling packets will give you a great side dish for any meal. Use heavy-duty aluminum foil, place shiny side in, spray with non-stick spray to prevent sticking. Cut vegetables in small, uniform slices to ensure even cooking. Add liquids and seasonings last – then fold loosely enough for steam to circulate inside. Create foil packets by wrapping foil around food using a drug-store wrap: Use foil 3-times the width of the food. Fold sides up creasing foil at edge of food. Keeping edges together, make a ½” – 1” fold and crease. Fold 2-3 times – leaving enough room in packet for food expansion and steaming during cooking. Smooth the ends flat make four small triangle folds on each end from edge of food to the edge of foil. Fold ends of foil in using ½” folds.

Cooking time vary, depending upon size of food pieces and the type of food. Turn packets half way through cooking process, using oven mitts or leather gloves. Note – tongs tend to puncture packets. Keep the tin foil packet on a rack where the temperature is medium-high. “Grill” covered on gas or charcoal grill for 25 to 30 minutes or until the vegetables are just tender.

Grilled Potatoes

Five to six medium potatoes, 2 tablespoons butter or margarine, 2 tablespoons water, dash of garlic salt and 1 medium onion. Wash and dry potatoes. Slice potatoes with skin about 1/8” thick. Place on foil, leave room to fold up. Add water. Spread pats of butter and sprinkle garlic salt on top of potatoes, roll up foil and place on grill for approximately 30 minutes. Serve alone or with sour cream or cheese.

Grilled Potatoes and Tomatoes

Four large potatoes cubed, 2 tomatoes, chopped and skin removed, 1 chopped onion, 2 chopped celery stalks, ½ cup parmesan cheese, 2 cloves minced garlic, 2 teaspoons olive oil, chopped parsley, basil, and oregano. Wrap tightly and double fold. Cook on top rack of your grill over medium heat for 40 minutes, turning after 30 minutes. Remove from heat and let stand five minutes before opening.

Grilled Garden Vegetables

Place some green beans, or peas or corn or carrots with some onion, peppers and/or mushrooms and a few dices of celery, on sheet of tinfoil. Add pats of butter or margarine to the vegetables or drizzle with olive oil. Sprinkle veggies with the spices you choose – suggest garlic powder, pepper and a dash of seasoning salt. Fold up and grill for 20 to 30 minutes.

Grilled Herbed Vegetables

Three cups small broccoli pieces. Two medium carrots thinly sliced, a small onion sliced, medium yellow squash or zucchini sliced, a tomato diced, one teaspoon basil and garlic salt each, 2 tablespoons butter or margarine on top. Fold up and grill for 15 to 20 minutes.

Grilled Steak Topper Vegetables

Four onions sliced, two medium peppers sliced, an 8 oz. package of mushrooms sliced, 2 cloves of garlic chopped, 2 tablespoons of basil chopped, and one tablespoon each of olive oil and vinegar. Salt and pepper to taste, roll up and grill for 15 to 20 minutes.

Grilled Zucchini Medley

Two small zucchinis sliced, 1 medium onion and pepper sliced and one tablespoon oil, salt and pepper to taste. Fold up and grill for 10 to 15 minutes.

Skewered Vegetables for Grilling

Thread zucchini onto the skewers alternating with the whole mushroom, onion chunks, and pepper chunks. Coat with olive oil. Grill over high heat, turning once, until vegetables are nicely grill-marked and tender-crisp, 4 to 6 minutes on each side. Do not overcook; the vegetables should still be a little crunchy. Transfer to platter and sprinkle a little more oil, and salt and pepper to taste. Served at once.