

Veggie Packs for Camping ... Or even on the grill at home

By Susie Iventosch

These veggie-cheese packs might be one way to get the kids to eat their greens, even while enjoying the fun of a camping trip! It is a simple idea of slicing the veggies you like best, seasoning, layering, and sprinkling them with grated cheese over the top. Then wrap them in foil, toss them on the campfire for a few minutes per side, and voila, you have your veggies!

Since all vegetables cook for slightly different times to arrive at the desired doneness, be sure to adjust by cutting the quick-cooking veggies thicker and the slower varieties, such as potatoes, much thinner. I like to cook the potatoes and onions in their own packs, thereby avoiding that little problem.

What makes this dish fun is that everyone can pack their own with the veggies they like best!

Potato Packs



(Serves 4)

INGREDIENTS

- 2 potatoes, with skins on and sliced into 1/8-inch slices (can be any kind you like)
- 1 red onion, sliced into 1/4-inch slices
- 1 poblano chili, sliced into 1/4-inch slices, or rings
- Lawry's or Mrs. Dash Seasoning Salt
- 1/2 cup grated sharp cheddar (or Monterey Jack)

DIRECTIONS

Layer veggies in the center of four 10-inch square pieces of aluminum foil. (If using on the grill at home, I spray foil first with cooking spray, but when camping you might not have this at your fingertips, so just pile veggies straight onto foil.) Sprinkle veggies with seasoning salt and then put grated cheese over all.



Seal foil tightly and place directly on the coals of your campfire, or on the grill on your barbecue. For the campfire, cook for approximately 4-5 minutes per side, and on the barbecue cook approximately 6-8 minutes per side, turning the packets one time during cooking. You can carefully open one packet to check for doneness. Vegetables should be cooked, and easily pierced by a knife, but not mushy, and cheese will be melted and beginning to brown.

To serve, pass around the packs!

Veggie Packs



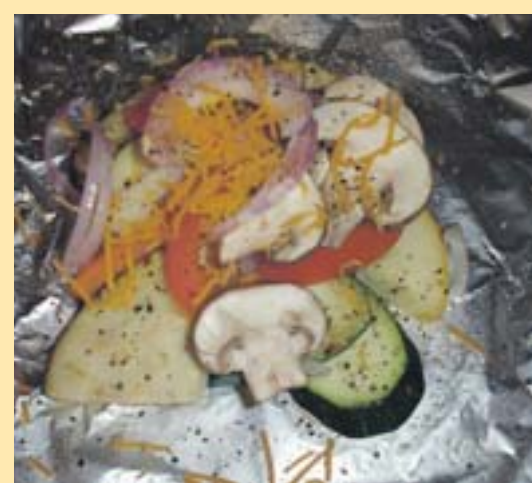
(Serves 4)

INGREDIENTS

- 1 large eggplant, sliced into 1/4-inch slices, leave skins on
- 2 medium zucchini, sliced into 1/4-inch slices
- 1 yellow, orange or red bell pepper, sliced into 1/4-inch slices
- 1 cup sliced mushrooms
- 1 medium onion, sliced into 1/4-inch slices
- Lawry's or Mrs. Dash seasoning salt
- 1/2 cup grated cheddar or Monterey Jack cheese

DIRECTIONS

Layer veggies in the center of four 10-inch square piece of aluminum foil. (If using on the grill at home, I spray foil first with cooking spray, but when camping you might not have this at your fingertips, so just pile veggies straight onto foil.) Sprinkle veggies with seasoning salt and then put grated cheese over all. Seal foil tightly and place directly on the coals of your campfire, or on the grill on your barbecue. For the campfire, cook for approximately 3-5 minutes per side, (these take a little less time than the Potato Packs), and on the barbecue cook approximately 6-7 minutes per side, turning the packets one time during cooking. You can carefully open one packet to check for doneness. Vegetables should be cooked, and easily pierced by a knife, and cheese will be melted and beginning to brown. To serve, pass around the packs!



Susie Iventosch is the author of Tax Bites and Tasty Morsels, which can be found at Across the Way in Moraga, www.amazon.com, and www.taxbites.net. Susie can be reached at suziven@gmail.com.

These recipe is available on our web site
www.lamorindaweekly.com

If you would like to share your favorite recipe with Susie please contact her by email or call our office at 925-377-0977.



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