

Outdoor Cooking Recipes

Vegetable Kabobs Makes 4-6 kabobs.

- 2 large green peppers, cut into 1 inch squares
- 2 medium onions, quartered, separated into section
- 4 small zucchini, cut into 1 inch pieces
- 4 small yellow squash, cut into 1 inch pieces
- 12 whole mushrooms
- 1 cup fat-free Italian salad dressing
- Skewers



1. Place vegetables in a non-metal dish.
2. Pour Italian salad dressing over all, and mix.
3. Marinate vegetables in the refrigerator for 1 hour.
4. Drain vegetables and thread alternately on skewers.
5. Grill kabobs 15 - 20 minutes, turning to brown on all sides.
6. Additional Italian salad dressing can be used to brush over kabobs while cooking.

NUTRITION FACTS (per serving) - Calories 100 ~ fat 1 g ~ calories from fat 10 ~ sodium 230 mg ~ total carbohydrate 20 g ~ fiber 5 g

Grilled Potatoes Serves 4.

- 3 pounds potatoes, cut into quarters
- 2 med. onions, sliced thinly
- 4 tablespoons cooking oil
- 4 tablespoons Parmesan cheese, grated

- 1 ½ tablespoons dried parsley
- 1/2 tsp. garlic powder
- Salt and pepper, to taste

1. Cook potatoes in boiling water until tender.
2. Drain and cool.
3. Place potatoes into bowl, add oil and toss.
4. Add remaining ingredients and toss.
5. Place potatoes in an aluminum pan or on aluminum foil.
6. If using aluminum foil, bring longer sides of foil together over food. Fold down loosely in locked folds, allowing for heat circulation and expansion. Fold up short ends; crimp to seal. If using an aluminum pan, cover the pan with aluminum foil.



NUTRITION FACTS (per serving) - Calories 440 ~ fat 16 g ~ calories from fat 140 ~ sodium 100 mg ~ total carbohydrate 67 g ~ fiber 9 g

Pocketburgers Serves 4.

1 pound lean ground beef 4 Tablespoons barbecue sauce
4 Tablespoons grated cheese 4 Tablespoons chopped onion

1. Divide ground beef into 8 equal parts.
2. Take each part and pat into 1/4 inch thick patties.
3. In center of 4 of the patties place a tablespoon of cheese, barbecue sauce and onion.
4. Place a patty on top of each seasoned patty and press the edges together to seal the patties together.
5. Grill or broil until ground beef is thoroughly cooked (160 degrees F).

NUTRITION FACTS (per serving) - Calories 220 ~ fat 12 g ~ calories from fat 100 ~ sodium 280 mg ~ total carbohydrate 3 g ~ fiber 0 g

Hobo Dinner Serves 4.

1 pound lean ground beef, form into 4 patties 1 medium onion, sliced
4 medium potatoes, cut into quarters Other vegetables as desired
4 small carrots, cut into quarters

1. Place meat patties in an aluminum pan or on aluminum foil.
2. Arrange vegetables around meat patties and season with salt and pepper.
3. Cover pan with aluminum foil.
4. If using foil, close foil by bringing the four corners of the foil up together in a pyramid shape. Fold open edges together.
5. Place on grill and cook 1 hour or until hamburgers are thoroughly cooked (160 degrees F).

NUTRITION FACTS (per serving) - Calories 330 ~ fat 5 g ~ calories from fat 330 ~ sodium 115 mg ~ total carbohydrate 46 g ~ fiber 7 g



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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.