



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Simplified Veggie-Filled Dinners

Sheet pan and foil packet meals are simple ways to add more vegetables that don't require much hands-on time or kitchen clean-up.

They save time and don't require a lot of cooking skills.

So, they're great for home cooks with limited experience in the kitchen.

Save more time on busy weeknights. Clean and chop up veggies when you first get back from shopping. Makes it easier to pull together a meal when time is more limited.

These foil packets from Mrs. T's combine frozen and pre-cooked ingredients, along with lots of veggies and a freshly prepared dressing.

It's a great idea for a home-cooked dinner when you have a packed schedule and little time to cook.

### Pierogies and Sausage Foil Packet

#### Ingredients:

- 1 box Mrs. T's Pierogies
- 10 oz. fully cooked chicken apple sausage, sliced
- 2 cups zucchini, sliced
- 2 cups yellow squash, sliced
- 2 cups frozen corn
- 1 large red bell pepper, cored and sliced
- Lemon parsley dressing (see below)



Image source:  
Mrstspierogies.com

#### Directions:

1. Preheat grill to 400°F. Prepare 4 (12x14-inch) sheets of heavy-duty aluminum foil (or double layers of regular foil) sprayed with non-stick cooking spray; set aside.
2. In a large bowl, toss pierogies, sausage, zucchini, yellow squash, corn, and red bell pepper with the lemon parsley dressing.
3. Lay a prepared sheet of foil on a flat surface.
4. Evenly divide pierogies, sausage and vegetable mixture between 4 foil packets.
5. Bring the short ends of the foil together and fold twice to seal. Fold the sides towards the center, making sure to leave room for steam.
6. Place foil packets on the grill. Grill for 16 minutes, flipping packets halfway through cook time.

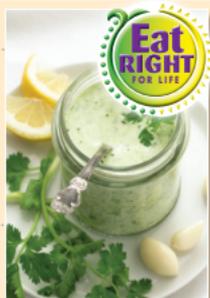
### Lemon Parsley Dressing

#### Ingredients:

- 1/2 cup fresh parsley, minced
- 1/4 cup extra-virgin olive oil
- 3 Tbsps. Dijon mustard
- 1 Tbsp. lemon zest
- 2 tsps. low-sodium soy sauce
- 1 large clove garlic, minced
- 1 tsp. dry mustard
- 1 tsp. garlic powder
- 1 tsp. salt
- Ground black pepper, to taste

#### Directions:

In a small jar, add all ingredients. Screw lid tightly into place and shake until the dressing is well-combined; set aside.



Find these and other recipes at [Mrstspierogies.com](http://Mrstspierogies.com).