

INSTRUCTIONAL KITCHEN

Budget Bites

Foil Pack Italian Sausage and Veggies

Serves 6

Ingredients:

- 16 oz chicken sausage, cut into coins
- 2 cups red potatoes, quartered.
- $\frac{3}{4}$ cup yellow onion, diced
- $\frac{1}{2}$ cup white mushrooms, quartered
- 2 large bell peppers, juillened
- 4 cloves garlic
- 4 $\frac{1}{2}$ tbsp olive oil

Seasonings:

- $\frac{1}{2}$ tbsp dried basil
- $\frac{1}{2}$ tbsp dried oregano
- $\frac{1}{2}$ tbsp dried parsley,
- $\frac{1}{2}$ tbsp garlic powder
- $\frac{1}{2}$ tsp onion powder
- $\frac{1}{2}$ tsp dried thyme
- $\frac{1}{8}$ tsp red pepper flakes

Instructions:

1. Start the grill by adding fresh charcoal, lighter fluid and light them. *If it's windy, you might have to repeat.*
2. Wait until the coals turn white and you feel heat. *Your Cooking Instructors will do this for you.*
3. In the meantime, start dicing the veggies then the sausage.

4. Place all the vegetables and sausage in a large bowl.
5. Add olive oil and all the spices. Toss well to combine.
6. Tear off 6 sheets of aluminum foil. Spray with PAM
7. Divide the mixture into the aluminum foil packs and bring edges together to close.
8. Place on grill for 25-30 min, flipping halfway through and checking doneness with a fork.
9. Carefully open foil pack when done. *There will be steam!*
10. Remove the garlic cloves.
11. Garnish with chopped parsley and Enjoy!

Note: This can be made in the oven at 425 for 30-40minutes

Source: <https://www.chelseasmessyapron.com/foil-pack-italian-sausage-and-veggies/>

Grilled and Glazed Carrots

Serves 4

Ingredients:

- 1 lb carrots
- 1 tbsp olive oil

Glaze:

- 2 tbsp butter
- ¼ cup brown sugar
- ¼ cup honey
- ⅛ tsp salt

Instructions:

1. Preheat the Grill. *Your cooking instructors will do this for you!*
2. Toss Carrots in olive oil, then place directly on the grill.
3. Cook for 15-20 minutes, turning every few minutes.

4. While the carrots are cooking, combine the glaze ingredients in a pot. Place on grill and whisk until the brown sugar dissolves.
5. Glaze them once, let them cook for a minute then glaze again.
6. Enjoy!

Note: You can also roast these in an oven at 350F for 45 minutes!

Source: <https://www.vindulge.com/grilled-and-glazed-carrots/>

Grilled Apples

Serves 1:

Ingredients

- 1 apple
- 1 tbsp of butter, cut in half length wise
- 1 tbsp brown sugar
- 1 Dash of cinnamon
- 1 sheet Aluminum foil.

Instructions:

1. Use an apple slicer to cut your apple. Remove the core.
2. Place a piece of aluminum foil on the apple cutter then remove the slices to keep them in an apple shape
3. Place the butter in the middle of the apple.
4. Pack in brown sugar to the center of the apple.
5. Add a dash of cinnamon then close the pack tightly.
6. Place on the grill and cook for 20-30 minutes.
7. Remove, open, let cool then enjoy!

Note: This can be done in an oven for 30 minutes at 450F.

Source: <https://thecardswedrew.com/easy-grilled-apples/>