

# Grilled Potato Packets

## Heart Healthy Recipe of the Month

**Cooking potatoes in foil packets means one less pot to wash!**

Source: <http://www.eatingwell.com>

Number of Servings: Four 1 1/4 C

### Ingredients:

- 2 lbs. potatoes, scrubbed and cut into 1/4 inch thick slices
- 3 medium shallots, thinly sliced
- 2 tsp. extra virgin olive oil
- 1/2 tsp. salt
- 1/2 tsp. freshly ground pepper

### Directions

1. Heat grill to medium-high
2. Place ingredients into large bowl and mix together
3. Place 2 pieces of foil (2 ft. long) on counter and spray w/ non-stick cooking spray
4. Place potatoes and shallots on 1/2 of each piece of foil, leaving a 2 in. border on all sides. Fold foil and pinch ends together, making 2 packets.
5. Place packets on grill and for 12-15 minutes or until potatoes are tender

### servings

#### Nutrition Content:

Calories: 172  
Total fat: 3g  
Saturated fat: 0g  
Cholesterol: 0 mg  
Sodium: 229 mg  
Total fiber: 4 g  
Protein: 5 g  
Carbohydrates: 31 g