



Mega-Mazing Veggie Pack



1/4th of pack (about 3/4 cup): 97 calories, 0.5g total fat (0g sat. fat), 359mg sodium, 22g carbs, 3g fiber, 11g sugars, 2.5g protein

Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

6 oz. kale leaves, torn or cut into large pieces
2 cups chopped red bell peppers
One 8-oz. can sliced water chestnuts, drained
1/4 cup sweet Asian chili sauce
1 tbsp. seasoned rice vinegar
1 tsp. chopped garlic
1/8 tsp. each salt and black pepper

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

Distribute kale onto the center of the foil. Top with bell peppers and water chestnuts.

In a small bowl, mix chili sauce, rice vinegar, and garlic. Drizzle over veggies. Cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 20 minutes, or until veggies are tender.

Cut packet to release steam before opening entirely. Season with salt and black pepper, mix well, and enjoy!

MAKES 4 SERVINGS

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