
Vegetable Pouches with Garlic Herb Butter

Total time: 30 min Yield: 2 servings

Ingredients

1/2 lb butter (unsalted, room temperature)
1/4 cup garlic (minced + 2 tbsp. garlic, slivered)
1 Tbsp garlic salt
1 Tbsp Italian parsley (chopped)
1 tsp dried chili flakes
1 Tbsp olive oil
2 aluminum foil squares (8"x8", double the thickness for a sturdier pouch, 8"x16")
1 cup acorn squash (medium diced)
5 to 6 asparagus tops
8 to 10 young green beans
3 to 4 Hamakua Ali'i mushrooms (large, cut lengthwise)
4 to 5 grape tomatoes
4 to 5 pearl onions (whole)
1/4 cup shallots (cut into wedges)

Prep Time: 15 min Cooking Time: 15 min Total Time: 30 min

Instructions

In a small mixing bowl, combine the butter, minced garlic, garlic salt, Italian parsley and chili flakes. Mix well, shape into a log, wrap in cling film and refrigerate until ready to use.

Preheat oven to 350°F. Drizzle oil on the bottom of each foil square. Divide the squash, asparagus, green beans, mushrooms, pearl onions, tomatoes, slivered garlic and shallots between the foil squares, taking care not to poke any holes in the foil, as natural juices will leak out.

Add 1 to 2 tbsp. cold garlic herb butter to each portion of the vegetables. Fold each foil square in half and crimp the edges tightly, so steam and juices do not run out. Bake in the oven or over a grill for 14 to 16 minutes; remove from heat and let rest 3 to 4 minutes as steam will finish cooking and produce al dente vegetables. Cut the pouches open at top and serve with a heart-healthy protein, green salad and ice-cold coconut water with a wedge of lime.

Recipe brought to you by:

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