Quick Healthy Meal

**Summer Foil Dinner**
- Ground Turkey Pattie
- Mixed Vegetables
- Tossed Green Salad
- Bread
- Yogurt Parfait with Fresh Fruit & Granola

30 minutes before serving:
- Wash hands; preheat oven to 400°
- Make foil packets and put into the oven.

20 minutes before serving:
- Make the salad
- Wash fruit and cut if needed; layer in cups or small bowls with yogurt and granola to make parfaits
- Set the table.

10 minutes before serving:
- Heat bread if desired.

5 minutes before serving:
- Put out beverages.

**Summer Foil Dinner**
Serves 4

1 lb ground lean meat
1 seasoning salt or low salt spice blend
1 onion, sliced
2 cups vegetables (fresh or frozen)

- Preheat oven to 400°
- Tear foil into a 12 x 12 inch square
- Divide meat and shape into patties; sprinkle lightly with seasoning salt or dried herbs if desired
- Place slice of onion and 1/2 cup or more fresh or frozen vegetables on top
- Fold and seal foil and cook in the oven for about 25 minutes; remove from oven and check temperature with a meat thermometer - it is done at 165°.