

SMOKED MOOSE SAUSAGE AND VEGGIE PACKET

INGREDIENTS:

- 13 ounces smoked moose sausage
- 4 corn ears, extra sweet
- 1 bell pepper
- 1 medium onion, large chop
- 1 medium zucchini, 1-inch slices
- 1/4 cup extra virgin olive oil
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper

DIRECTIONS

1. Lay out four 12 x 12 squares of heavy duty aluminum foil.
2. Add sausage, corn, pepper, onion, and zucchini to a large mixing bowl.
3. In a smaller bowl, combine olive oil, Italian seasoning, garlic powder, salt and pepper.
4. Pour mixture over bowl of meat and veggies and toss until everything is coated.
5. Divide everything evenly between the four sheets of foil, placing meat and veggies in the center of each piece of foil. Bring the sides of the foil up and fold over tightly, ensuring that each sheet forms an enclosed packet over food.

Nutrition Facts

Serving Size 1 cup (160g)
Servings Per Container 6

Amount Per Serving

Calories 220 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 200mg **8%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 20g

Vitamin A 15% • Vitamin C 50%

Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

