

Marinated vegetable salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 6 **SERVING: 4 oz.**

Ingredients	Qty	Measure
Cauliflower	2	cups
Carrots, sliced diagonally	$\frac{3}{4}$	cups
Celery, sliced diagonally	1	cup
Red bell pepper, sliced	$\frac{1}{2}$	cup
Black olives, sliced	$\frac{1}{4}$	cup
Artichoke hearts, drained and quartered	14	oz. can
White wine vinegar	$\frac{1}{2}$	cup
Olive oil	2	tsp.
Dried Italian herbs	1	tsp.

Preparation

1. Arrange cauliflower and carrots in a vegetable steamer over boiling water.
2. Cover and steam 3 minutes or until vegetables are crisp tender. Plunge into cold water, drain.
3. Combine cauliflower mixture, celery and red bell pepper, black olives, artichoke hearts in a bowl, toss gently, and set aside.
4. Combine vinegar, olive oil and Italian herbs in a bowl, stir well. Pour over vegetables, toss gently, cover and chill.

Serving Information

Serve a slice of cobbler with some non-dairy ice cream.

Nutrition Information

 *From USDA Nutrient Database

Calories: 110 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 12g Protein: 3g Sodium: 112mg
Vitamin A: 152µg Vitamin C: 38mg Calcium: 41mg Iron: 1mg Folate: 87µg