

## Marinated Garden Vegetable Salad

Active Time: 25 minutes – Total Time: 25 minutes, plus chilling time

### ● **INGREDIENTS:**

- 1 cup Grape tomatoes, halved
- 1 medium Green pepper, large dice
- 1 medium Red pepper, large dice
- 1 small Red onion, julienne
- 1 medium Cucumber, peeled, halved lengthwise, seeded and sliced
- 2 stalks Celery, sliced diagonally
- 1 medium Yellow squash, halved lengthwise and sliced
- 1 medium Zucchini squash, halved lengthwise and sliced
- 2 cups Broccoli florets
- 1 cup Tomato-Herb Vinaigrette (recipe follows)
- 2 Tbsp. Fresh basil, thinly sliced
- 1/2 tsp. Kosher salt
- 1/2 tsp. Fresh ground black pepper



### ● **DIRECTIONS:**

**STEP 1:** Place grape tomatoes, peppers, red onion, cucumber and celery in large mixing bowl; set aside. **STEP 2:** Bring a large saucepot filled with 3 quarts of water to a boil. Fill a large bowl with ice and cold water. Place yellow squash, zucchini and broccoli in boiling water for 30 seconds. Remove with a slotted spoon and immediately place in ice water. When cool, drain well and add to bowl with other vegetables. **STEP 3:** Add vinaigrette, basil, salt and pepper; mix well. Refrigerate 1-2 hours. Serve chilled.

### Tomato-Herb Vinaigrette:

- 1 cup Extra-virgin olive oil
- 1/4 cup Marinara or tomato sauce
- 1 tsp. Garlic, chopped
- 1/2 cup Red wine vinegar
- 2 Tbsp. Dijon mustard
- 2 Tbsp. Sugar
- 1 tsp. Dried oregano
- 1/2 tsp. Dried basil
- 1/2 tsp. Kosher salt
- 1/2 tsp. Fresh ground black pepper

### **Directions:**

Place all ingredients into a blender and blend until smooth.

### ● **Serves 8-10**

**Approximate nutritional values per serving:** 146 Calories, 12g Fat (2g saturated), 0mg Cholesterol, 196mg Sodium, 9g Carbohydrates, 2g Fiber, 2g Protein