



Marinated Vegetables

Prep: 15 minutes | Cook: 0 minutes | Chill: 30 minutes | Total: 45 minutes

Yield: 8 servings | Serving Size: ½ cup

Ingredients

- ¾ cup olive oil
- ¼ cup red wine vinegar or white wine vinegar
- 1 teaspoon lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1-3 pinches crushed red pepper flakes, to taste
- 4 cups fresh vegetables, trimmed and cut into ½- to 1-inch pieces (one type or a combination; e.g. tomatoes, cucumber, broccoli, cauliflower, carrots, snap peas, yellow squash, mushrooms, zucchini, baby corn, red onion)

Recipe Notes

- The marinade can be made ahead of time and stored in the refrigerator if desired.
- These marinated veggies are best when prepared at least 2 hours before serving or cooking.

Directions

1. To a medium mixing bowl or a jar with a lid, add the oil, vinegar, lemon juice, garlic powder, oregano, basil, onion powder, salt, and black pepper.
2. Whisk together the oil-vinegar mixture in the bowl or place the lid on the jar and shake, mixing until combined to make a marinade.
3. Place the selected vegetables in a large bowl.
4. Pour the marinade over the vegetables and toss until evenly coated.
5. Set the vegetables in the refrigerator to marinate, at least 30 minutes and up to overnight.
6. Serve cold, or cook as desired and serve warm.

**Nutrition Facts Per Serving: Calories: 185 | Total Fat: 19 g | Saturated Fat: 2.5 g
Sodium: 165 mg | Total Carbohydrate: 5 g | Dietary Fiber: 2 g | Protein: 1 g**

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs