

Marinated Vegetable Salad



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Makes 8 Servings

What You Need

8 cups of your favorite veggies such as...

Broccoli
Cauliflower
Carrots
Kohlrabi
Red, Yellow, Green, or Orange Peppers
Purple or Green Cabbage
Onion
Snap or Snow Peas
and more!

This "make ahead" colorful, nutritious salad makes a quick addition to a lunch or supper meal.

Your favorite oil and vinegar salad dressing or try this recipe for a basic vinaigrette:

4 tbsp. Canola Oil
6 tbsp. Vinegar
1/4 tsp. Dry mustard powder
2 Clove garlic minced
2 tsp. Sugar
Pepper & salt to taste

Per Serving

Calories 163
Carbohydrates 22 g
Protein 6 g
Fat 8 g
Dietary Fiber 6 g

How You Prepare

Chop your veggies into bite sized pieces and place in a shallow dish or baking pan. In a separate bowl or jar mix up the ingredients in the vinaigrette and toss over top the veggies. Leave to marinate in the fridge up to a few days.