



MIXED MARINATED VEGETABLES

Final Lifestyle

Ingredients: For the Salad

5 cups cauliflower florets
4 cups broccoli florets
4 thin carrots, sliced diagonally
1 sweet yellow pepper, cut into strips
½ cup pitted black olives, cut in half

Ingredients: For the Dressing

½ cup olive oil
3 TBS fresh lemon juice
2 TBS balsamic vinegar
2 TSP Dijon-style mustard
1-1/2 TSP Morton's "lite" Salt
1/4 TSP ground black pepper
1/4 cup finely chopped parsley
3 green onions, finely chopped

Instructions

1. Prepare the salad: Cook the cauliflower florets in boiling water 2 minutes. Add the broccoli florets and carrot slices and cook 3 minutes. Add yellow pepper slices and cook 3-4 minutes or until vegetables are tender-crisp. Drain, rinse under cold water. Place in serving bowl with olives.
2. Prepare the dressing: Whisk olive oil, lemon juice, vinegar, mustard, salt and pepper in bowl.
3. To serve, toss the vegetables and the dressing, parsley and green onions. Serve at room temperature or chilled.

Portion-Per-Serving Information (Yields 8 servings)

Serving = 1 cup = 2 V, ½ FT