

MARINATED SUMMER VEGETABLES

YIELD: 50 1/2 cup servings

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Marination is an excellent way to bring seasoning to food. Although its mostly known in preparation of protein, you can also use this simple method to give a depth of flavor to vegetables. This recipe uses a simple vinegar & olive oil vinaigrette along with other ingredients most have on hand. A few hours will be sufficient, but if you can allow to sit for 4-8 hours or overnight, the taste will be more prominent.

INGREDIENTS

- 1/2 cup of olive oil
- 1/3 cup of red wine vinegar
- 1 tablespoon of kosher salt
- 1 tablespoon of sugar
- 1 tablespoon of garlic powder
- 1 tablespoon of onion powder
- 1/2 teaspoon of cracked black pepper
- 1 tablespoon of dried oregano
- 8 large red peppers, cut into large chunks
- 2 1/4 pounds of white mushrooms
- 8 large green peppers, cut into large chunks
- 1 1/2 cups of red onion, cut into large chunks
- 1 1/2 cups of yellow squash, cut into large chunks
- 3 tomatillos cut into small chunks

DIRECTIONS

1. Make the vinaigrette. In a large bowl, whisk together olive oil, red wine vinegar, kosher salt, sugar, garlic powder, onions powder, black pepper and oregano. Mix until ingredients are well combined and set aside.
2. Place the cut vegetables into a large mixing bowl and pour the vinaigrette over the vegetables. Toss to coat evenly. Place in the fridge for 4-8 hours to allow the flavors to penetrate. Serve.

RECIPE NOTES - MARINATED SUMMER VEGETABLES

Nutritional information per serving*: 41 calories; 0.35 g sat. fat; 97.3 mg sodium; 4.7 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*