Peppers

Marinated Vegetable Salad

Serving Size: ½ cup
Yield: 12 servings

Ingredients

4 medium tomatoes or 8 roma tomatoes, cut in wedges
2 medium green sweet pepper(s), cut into small squares
2 ½ cups thinly sliced zucchini or yellow summer squash
½ cup thinly sliced red onion
¼ cup snipped fresh parsley
¼ cup olive oil
¼ cup balsamic or wine vinegar
¼ cup water
2 Tablespoons snipped fresh thyme or basil or 1 teaspoon dried thyme or basil, crushed
2 cloves garlic, minced

Instructions

1. In a large bowl combine tomatoes, sweet peppers, zucchini, onion, and parsley; set aside.
2. For dressing, combine oil, vinegar, water, thyme, and garlic in a screw-top jar. Cover and shake well. Pour dressing over vegetable mixture. Toss lightly to coat.

3. Let vegetable mixture stand at room temperature for 30 to 60 minutes, stirring occasionally. (Or cover and chill for 4 to 24 hours, stirring once or twice. Let stand at room temperature about 30 minutes before serving.)

4. Use a slotted spoon to serve.

**Transport**

Cover room-temperature salad tightly. Transport in an insulated carrier. Transport chilled salad in an insulated cooler with ice packs.

---

**Nutrition information:**

Calories: 64  
Carbohydrate: 5 gm  
Fiber: 1 gm  
Fat: 5 gm  
Protein: 1 gm  
Cholesterol: 0 mg  
Sodium: 6 mg  

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.