

Farmers Market Fun Family Recipes



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

2½ 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.

– Over –





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.*



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.

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