

Rosemary-Garlic-Lemon Marinated Veggies



Fresh veggies are extra delicious when marinated in this tasty dressing.

Prep time: 10 minutes

Cook time: 4 hours

Yields: 3 cups

Ingredients

Veggies

3 cups total of red pepper (seeded & sliced), carrots (sliced), fresh green beans (stems removed), broccoli florets, and asparagus (2" pieces)

Marinade/Dressing

1/4 cup extra virgin olive oil

3 Tbsp. red wine vinegar

1 tsp. granulated sugar

2 large sprigs fresh rosemary

1 clove garlic, peeled and sliced

1-2 lemon peels

1/2 tsp. kosher salt

1/4 tsp. freshly ground black pepper

Instructions

- Bring water to boil in a medium saucepan.
- In the meantime, fill a medium-sized bowl with water and a handful of ice cubes; set aside until ready to use.
- When water boils, carefully drop in the veggies. Leave in for about 30 seconds, then remove them with a slotted spoon and transfer to the ice water. Let sit in ice water about 1 minute, then drain the water, pat dry the veggies, and transfer to a glass bowl or a large canning jar.
- Empty water from the saucepan, then add olive oil, vinegar, sugar, rosemary, garlic, lemon peels, salt and pepper; bring to medium heat. After about 1 minute of slow simmering, turn off heat and allow the mixture to sit about 5 minutes.
- Pour the warm marinade/dressing over the vegetables and toss to coat. Cover and refrigerate at least 2 hours, ideally 4-6. (Note: if using a glass canning jar, first fill the jar with the veggies, then pour in the marinade and cover tightly. Once refrigerated, periodically turn the jar upside down).
- Snack on the veggies individually, enjoy them with grilled fish or chicken, or mix them (along with some of the dressing) into a large bowl of crisp greens and enjoy as a salad.