

Marinated Spring Vegetables

INGREDIENTS:

- 1 ½ C Cider vinegar
- ½ C Water
- 2 T Sugar
- 1 T Salt* (optional)
- 1 tsp Black pepper
- ½ tsp Mustard seeds
- 1/2 tsp Fresh dill, finely chopped
- 2 ea. Bay leaves
- 2 C. Small cauliflower florets
- 2 C. Asparagus, cut in 2 inch pieces
- 1 ½ C Green beans, trimmed
- 1 C. Carrots, cut into slices
- 1 C Red bell pepper, cut into strips
- 5 ea. Green onion, sliced into 2 inch pieces
- 3 ea. Garlic cloves, halved

DIRECTIONS:

Combine first 7 ingredients in a large Dutch oven. Bring to a boil, reduce heat, and simmer 3 minutes. Arrange cauliflower and remaining ingredients in a large heavy-duty zip-top plastic bag. Carefully pour vinegar mixture over cauliflower mixture.

Seal bag and refrigerate 8 hours or overnight, turning occasionally. Remove vegetables from bag with a slotted spoon. Discard bay leaves.

Makes 4 servings (¾ cup serving size).
Calories per serving: 60
Cinch meal plan equivalent = 2 servings of vegetables

NUTRITIONAL INFORMATION PER SERVING:

- 3 g protein
- 13 g carbohydrates
- 0 g fat
- 5 g fiber
- 141 mg sodium *
- 0 mg cholesterol

