

Harvest Vegetable Salad

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Makes: 8 servings

Make this vegetable salad ahead of time and allow the flavors to blend in the refrigerator for a few hours before serving.

Ingredients

3 cups cauliflower florets (fresh or frozen thawed)

2 cups broccoli florets (fresh or frozen thawed)

1 can red kidney beans (15 1/2 ounce, drained)

2 carrots, sliced diagonally (medium)

1 cup olives, large pitted (sliced)

2 green onion (sliced)

1/4 cup red wine vinegar

1/4 cup vegetable oil (or olive oil)

1 tablespoon cilantro or parsley (chopped)

1 clove garlic (minced)

1 teaspoon sugar

1/2 teaspoon dried basil (optional)

Directions

1. In large bowl, combine all salad ingredients.

Nutrition Information

Nutrients	Amount
Calories	150
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	300 mg
Total Carbohydrate	15 g
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

2. In a small jar with a tight fitting lid, combine all dressing ingredients and shake well.

3. Pour dressing over vegetables and stir to coat vegetables. Cover; refrigerate 1 to 4 hours to marinate, tossing occasionally.

Source: Montana State University Extension Service, Montana Extension Nutrition Education Program Website Recipes