

MARINATED VEGETABLES

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3-4 garlic cloves, pressed
1/4 cup extra virgin olive oil
1 cup wine vinegar
1/3 cup balsamic vinegar
1/3 cup sugar
2 tablespoons Coleman's dry mustard
2 teaspoons salt
1/2 teaspoon oregano flakes
1/2 teaspoon basil flakes
pinch red pepper flakes

Press the garlic cloves using a garlic press and whisk ingredients together or combine everything in a blender until smooth.

Marinate your favorite vegetables in a glass jar or other non-metallic container in the refrigerator for at least 24 hours before serving.

Green beans, beets, mushrooms, potatoes, carrot sticks, small white boiling onions and cauliflower are good vegetables for marinating.

Can be used as Hors d'oeuvres. Make bite sized pieces and skewer with a toothpick.

Optional: For brightly colored and tender vegetables, blanch in boiling water for 30 seconds, then submerge immediately in ice water, then drain on paper towels before marinating.