

Marinated Vegetables

Annemarie Colbin

Blanch in boiling water:

Mushrooms half or quartered - 1 min.

Zucchini sliced – 1 min.

Cauliflower broken in pieces - 4 min.

Drain them and mix or keep separate

Marinate

Blend:

¼ C lemon juice

¼ C brown rice vinegar

¼ C umeboshe vinegar

1 1/3 C Water or less

Garlic

Salt

Marinate the vegetables overnight.

- Add to salad and vegetables during the week
- Eat as a snack
- Serve as an appetizer with Italian bread