

## **Marinated Vegetable Salad**

12 cups small cauliflower flowerets  
12 cups small broccoli flowerets  
6 cups thinly sliced carrots (8 medium)  
6 cups coarsely chopped sweet red pepper  
4 medium onions (red or Vidalia) sliced into rings  
2 6-ounce cans pitted black olives, drained and cut in half

### Dressing:

1 cup red wine vinegar  
½ cup apple cider vinegar  
1 cup olive oil  
½ cup canola oil  
½ cup sugar  
1 tablespoons dried Italian herbs  
fresh ground pepper  
sea salt to taste

In small batches, blanch the vegetables in a large pot of boiling water until “crisp tender”. Remove from cooking water and plunge into ice water bath to keep from cooking further. Drain and blot off extra moisture with a paper towel. Transfer to a large bowl and stir in the olives.

To prepare the dressing, combine all ingredients in a bowl and whisk until well combined.

Pour the dressing over the vegetable mixture and stir to coat.

Transfer to covered containers and store in the refrigerator for at least 4 – 24 hours, stirring every so often.

Makes 50 ¾ cup servings.

95 calories; 8 g fat; 1 g saturated fat; 0 mg cholesterol; 160 mg sodium; 8 g carbohydrate; 2 g fiber; 4 g sugars; 1 g protein; 8% vitamin A; 90% vitamin C; 2% calcium; 3% iron; 114% vitamin K