

## 8 Layer Marinated Vegetable Salad

### Ingredients

- 3 cups broccoli florets, fresh
- 2 cups cauliflower florets, fresh
- 2 carrots, peeled and sliced into 1/4" rounds
- 1 red bell pepper, chopped
- 2 stalks celery, chopped
- 1 cup thinly sliced sweet yellow onion
- 1 heaping cup halved cherry tomatoes
- 1 8 ounce package mushrooms, quartered
- 2 cups of cooked couscous
- 1/4 cup grated or shaved Parmesan cheese

### Dressing:

- 1/2 cup olive oil
- 1/3 cup white wine vinegar
- 1 tablespoon maple syrup
- 1 teaspoon minced garlic
- 1 teaspoon Dijon mustard
- 2 teaspoons Italian seasoning
- 1/2 teaspoon salt, or to taste
- Freshly ground black pepper, to taste



### Serves: 8

Prep Time: 20 minutes

Cook Time: 0 minutes

**Nutrition Information:** 1 cup vegetables, 1/4 cup of couscous, plus 1 1/2 tablespoon dressing

239 calories: 15.4 g fat (2.5 saturated), 21 g carb, 4 g fiber, 6 g protein, 229 mg sodium



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## 8 Layer Marinated Vegetable Salad (page 2)

### Instructions

- Combine dressing ingredients in a mason jar or small container with a lid and shake well. Refrigerate while you prepare the salad.
- Bring a large pot of water to a boil. Fill a large bowl about halfway with water and then fill with ice.
- Place broccoli and cauliflower into the pot of vigorously boiling water and allow to boil for 2 minutes. Quickly drain and transfer to the bowl of ice water. Once vegetables are completely chilled, transfer to a colander to drain well. Pour off some of the water from bowl and replace with fresh ice. Repeat process with carrots, cooking about 3 minutes.
- Combine all the vegetables in a large mixing bowl and toss with the dressing. Cover the bowl tightly with plastic wrap and refrigerate for at least two hours or overnight. When ready to serve, stir in Parmesan cheese.



#### **Serves: 8**

Prep Time: 20 minutes

Cook Time: 0 minutes

**Nutrition Information:** 1 cup vegetables, ¼ cup of couscous, plus 1 ½ tablespoon dressing

239 calories: 15.4 g fat (2.5 saturated), 21 g carb, 4 g fiber, 6 g protein, 229 mg sodium



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