



Recipes

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Herbaceous Red Wine Vinaigrette Marinated Vegetables

Serves 1

Ingredients:

- 1 Tbsp. Fresh Italian Flat Leaf Parsley , minced
- 2 tsp. Fresh Thyme , minced
- 2 tsp. Fresh Lemon Juice
- 1 tsp. Fresh Garlic , minced
- 2 Tbsp. Red Wine Vinegar
- 1/4 tsp. Kosher Salt
- 1/8 tsp. Ground Black Pepper
- 2 oz. vol. Extra Virgin Olive Oil
- 2 each Cucumbers , 4" julienned strips (w/o seeds)
- 4 each Medium Carrots , peeled and 4" julienned strips
- 2 each Yellow Bell Peppers , seeded and 4" julienned strips
- 1 each Large Red Onion , cut in half and 4" julienned strips

Directions:

1. Add minced herbs, lemon juice, garlic, vinegar and salt and pepper to a small mixing bowl and whisk to combine. Slowly drizzle in olive oil until incorporated.
2. Pour vinaigrette over julienned vegetables and toss to combine. Allow the vegetables to marinate for 2 hours. Reserve for assembly.