

Cool Vegetables with Mustard Vinaigrette

Serving Size: ½ Cup

Serves 16

Ingredients:

4 zucchini, cut into thin julienne
4 yellow squash, cut into thin julienne
1 red bell pepper, seeded and cut into thin julienne
1¼ pounds green beans, tipped and ends snapped
1½ pounds new potatoes

Mustard Vinaigrette:

2 scallions, minced, white part only
1 garlic clove, minced
2 tablespoons Dijon mustard
3 tablespoons boiling water
3 tablespoons olive oil
Juice of one lemon
2 tablespoons basil, chopped
Freshly ground pepper

Directions:

Prepare the Vegetables

1. Blanch the zucchini, squash, and red pepper for 2 minutes, until crisp-cooked. Refresh under cold water and dry on paper towels. Refrigerate.
2. Cook the beans until crisp cooked in lightly salted simmering water for 4-5 minutes. Refresh under cold water, dry on paper towel and refrigerate.
3. In the same water, boil the potatoes until cooked, about 8-10 minutes depending on size. Refresh under cold water and refrigerate.

The Vinaigrette

1. Place the scallions, garlic, and mustard in a small bowl. Whisk in the boiling water slowly. Add the olive oil, lemon juice, basil and pepper.

To Serve

1. Toss the julienne vegetables with 3 tablespoons vinaigrette. Place in the center of a platter. Place the potatoes and green beans around them and drizzle with the remainder of the dressing.

Exchanges per serving:

½ Starch, 1 Vegetable, ½ Fat.

Nutrients per serving:

Calories: 88

Calories from fat: 28%

Total Fat: 3g

Cholesterol: 15mg

Total Carbohydrate: 15g

Sodium: 55mg

Dietary Fiber: 4g

Protein: 3g