



Marinated Squash and Mushrooms

INGREDIENTS:

2 T	lemon juice
1 T	extra virgin olive oil
1 T	finely chopped shallot
2 cloves	garlic, minced
1 t	chopped fresh oregano
¼ t	kosher salt
1/8 t	ground black pepper
1 small	zucchini
1 small	yellow summer squash
1 ½ c	fresh whole small mushrooms
1	roasted red pepper, cut into strips

PREPARATION:

- In a small bowl, whisk together lemon juice, olive oil, shallot, garlic, oregano, salt, and pepper; set aside.
- Using a vegetable peeler or mandolin, cut zucchini and yellow squash into thin strips.
- Set a plastic bag in a large bowl and place zucchini, summer squash, mushrooms, and sweet pepper in bag.
- Pour marinade over vegetables; seal.
- Marinate in refrigerator for 8 hours or overnight; turn occasionally.
- To serve, drain and arrange on serving plates or platter.
- Drizzle with marinade.

Yield: 6 to 8 servings

Calories per serving: 53

Fat grams per serving: 3

