

Confetti Vegetables

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Ingredients

1 cup water
1 tsp. granulated sugar
2 tsp. red wine vinegar OR distilled white vinegar
1 cup shredded red cabbage
1/2 cup shredded carrots
1/2 cup julienne zucchini
1/2 cup julienne yellow squash
2 tsp. olive oil
1 Tbls. fresh minced garlic
1 tsp. salt
black pepper – to taste
1/4 tsp. fresh lemon juice
1 tsp. thyme

Directions

Bring water to a boil; stir in sugar, vinegar, cabbage, and carrot; simmer for 2-3 minutes; drain and set aside.

Blanch zucchini and squash; drain.

Heat olive oil and garlic in sauté pan over medium high heat.

Add cabbage, zucchini, squash, salt, pepper, lemon juice, and thyme and sauté until heated through.

Serve immediately.