

## **MARINATED VEGETABLE SALAD**

NL #9 7/27/02

[www.lightandtasty.com](http://www.lightandtasty.com)

2 small to medium yellow summer squash, sliced ¼" thick  
2 small to medium zucchini squash, sliced ¾" thick  
1 small red onion, or white sweet onion, thinly sliced and separated into rings  
1 can (15 oz.) whole baby corn, rinsed and drained for ¾ cup frozen corn, thawed  
1 medium carrot, thinly sliced  
¼ cup white vinegar  
2 Tbsp. Sugar  
2 Tbsp water  
2 Tbsp. Olive or canola oil  
1 tsp. Salt

In a large bowl, combine the squash, peppers, onion, corn and carrot. In a jar with a tight-fitting lid, combine the remaining ingredients: shake well. Pour over vegetables and toss to coat. Cover and refrigerate for 2 hours or until chilled. Serve with a slotted spoon.

**Yield:** 10 servings

**Nutritional Analysis:** One serving (¾ cup equals 89 calories, 3 g fat (trace saturated fat), 0 cholesterol, 243 mg sodium, 15 g carbohydrate, 3 g fiber, 2 g protein. Diabetic Exchanges: 3 vegetable, ½ fat.

You can add red and green peppers sliced into rings for added color.