



## Marinated Vegetables-Raw Recipe

This marinated vegetable dish is a great alternative to salad or can be used as a different kind of side dish. This is a great raw recipe that is very easy to make and keeps well in the refrigerator for a few days.

### Ingredients

- Leeks
- Broccoli
- Zucchini
- Bell pepper (optional)
- Cauliflower (optional)
- Whole tomatoes
- Olive oil
- Italian herbs or curry powder
- Lemon juice or apple cider vinegar

### Preparation process

- Cut leeks in thin rings; place in a bowl. Push the rings through to separate
- Finely chop the broccoli, discarding the stalks
- Slice the zucchini. Cut the larger pieces in half for easier mixing and marinating
- Mix the vegetable as you add each new veggie
- Add bell pepper or cauliflower if desired (sliced and in smaller pieces)
- Cut off the ends of the tomatoes
- Slice the tomatoes into rings. Cut the larger pieces into smaller ones for easier mixing
- Mix all veggies in the bowl with your hands. Add more tomato if needed
- Add a tablespoon of olive oil and mix with your hands. Add more if needed until the veggies glisten.
- Add lemon juice or apple cider vinegar.
- Mix again with your hands.

- Top off with Italian herbs or curry powder.
- Allow the veggies to stand for a few hours to marinate.
- Refrigerate.

### Bonus Items

If you want to watch the video again, click [here](#).