

SIDE DISH

Marinated Veggies

22 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$1.28	133 kcal

Marinated Veggies takes approximately 45 minutes from beginning to end. For \$1.28 per serving, you get a side dish that serves 6. One serving contains 138 calories, 7g of protein, and 4g of fat. It is brought to you by My Recipes. This recipe is liked by 1 foodies and cooks.

Ingredients

- ☐ 14 ounce artichoke hearts, drained and cut into fourths
canned
- ☐ 2 tablespoons capers
- ☐ ¼ cup chopped fresh parsley
- ☐ 4½ ounce sliced mushrooms, drained
- ☐ ½ onion, cut into rings
- ☐ 15½ ounce red kidney beans, rinsed and drained
canned
- ☐ 3 rib celery ribs, sliced
- ☐ 8 ounce cut green beans, rinsed and drained
canned
- ☐ 1 cup pitted ripe olives
- ☐ 6 servings Dressing

EQUIPMENT Bowl

Method

- 1 Combine first 7 ingredients in a large bowl; add Dressing, tossing to coat. Cover and chill 8 hours.
- 2 Sprinkle with parsley and capers just before serving.

Nutrition per serving

133

KCAL

6 g

PROTEIN

4 g

FAT

19 g

CARBS

Saturated Fat	0.6 g · 4% of daily needs
Fibre	7.2 g · 29% of daily needs
Sugar	4.3 g · 5% of daily needs
Sodium	871 mg · 38% of daily needs
Cholesterol	0.4 mg · 0% of daily needs
Vitamin C	9.8 mg · 12% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/marinated-veggies-144421