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METABOLIC NUTRITION PROGRAM

Marinated Vegetables- 6 servings

Adapted from *epicurious.com*

Per Serving: 220 Calories, 2 gm Protein, 19 gm Fat, 11 gm Carbohydrates

- 1/3 cup fresh lemon juice
- 1/2 cup olive oil
- 1 1/2 cup chicken broth
- 3 garlic cloves, crushed lightly with the flat side of a knife
- Red pepper flakes, to taste
- 3/4 teaspoon salt
- 2 teaspoon coriander seeds
- 2 fresh thyme sprigs or 1/4 teaspoon dried thyme
- 2 fresh oregano sprigs or 1/4 teaspoon dried oregano
- 1 teaspoon sugar
- 1 leeks (about 1/4 lb.), trimmed, washed, cut crosswise into 1" pieces
- 1 yellow squash, trimmed, halved lengthwise and cut crosswise into 1" pieces
- 2 ribs celery, trimmed and cut into 1" pieces
- 2 red bell peppers, cut into 1" pieces
- 1/4 lb. mushrooms, halved if large and stems reserved for other use

Directions

1. In a kettle, stir together lemon juice, oil, broth, garlic, red pepper flakes, salt, coriander seeds, thyme, oregano, sugar and pepper. Bring the mixture to a boil and simmer, stirring occasionally for 5 minutes.
2. Add leeks and cook for 2 minutes.
3. Add squash and celery and simmer for 2 minutes, stirring gently.
4. Add red bell peppers and simmer for another 2 minutes.
5. Add mushrooms and cook for 30 seconds.
6. Transfer the vegetables with slotted spoon to a shallow baking dish or bowl.
7. Boil the cooking liquid for 2 minutes or until it is reduced to 1/2 cup and strain it through a fine sieve onto the vegetables. Let the vegetables marinate, covered and chilled, for at least 3 hours or overnight.
8. Season them with salt and pepper and let them come to room temperature before serving.

Nutrition Facts	
Serving Size (225g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 170
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 2g	
Vitamin A 35%	• Vitamin C 110%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	