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.