

Giardiniera

- 2 red peppers, diced
- 2 green peppers, diced
- 1 medium zucchini, diced
- 1 c fennel, diced
- 1 c cauliflower, mini florets
- 6 - 8 scallions, chopped
- 3 cloves garlic, minced
- 2 jalapeños, diced
- 1/4 c coarse salt

Mix all ingredients in a non-reactive bowl, one made of glass, porcelain, clay or stainless steel. Avoid aluminum and cast iron which can react with the acids in the marinade. Cover with a dishtowel and leave on counter for 6 hours or overnight.

Marinade

- 3 T lemon juice
- 1/4 c mustard seed
- 1 T oregano
- 1 t smoked paprika
- 1/2 t black pepper
- 1 c olive oil
- 1 c vinegar
- 2 T honey

Add all ingredients to vegetables. Refrigerate in a closed container. Serve after a few hours or wait 2 days for it to marinate more. Keeps for months. Serve with fish, meat, potatoes, grains or sandwiches. Tastes great with **Plain Hummus**. Good addition to a charcuterie platter.

Plain Hummus with Giardiniera

- 2 c drained well-cooked or canned chickpeas, liquid reserved
- 1/4 c tahini
- 1/4 c olive oil
- 1 - 2 cloves garlic, grated on a microplane
- 1/2 t each kosher salt and freshly ground black pepper
- 1/2 T paprika
- 1 lemon, juiced

In a blender or food processor, combine all ingredients until smooth. Serve on or with thinly sliced bread or crackers, along with **Giardiniera** for a new taste sensation. Can be arranged bruschetta style or garnished with **Giardiniera** in a shallow bowl.

Jittery Cook