

GROWING GOOD HEALTH



Cucumber, onion, tomato salad



Though we often have them in their pickled form, cucumbers make a delightful side dish, snack, or crisp addition to salads in the hot summer months. You can slice them up for an addition to a vegetable plate, add them to a summer salad, or add them to a sandwich for a satisfying crunch. Try this recipe to get you started!

INGREDIENTS

- 3 Tablespoons of vinegar
- 1 Tablespoon olive oil
- 1 Teaspoon of honey
- ½ Teaspoon salt
- ½ Teaspoon black pepper
- 2 Medium cucumbers
- 2-3 Cups Cherry or Sun Gold Tomatoes, halved
- 1 Sweet onion, halved and thinly sliced
- 2 Tablespoons of your favorite herbs, chopped

DIRECTIONS

1. Whisk oil, vinegar, honey, salt, and pepper in a bowl.
2. Slice cucumbers into thin, round slices.
3. Toss cucumber, onion, tomatoes, and herbs in the oil and vinegar mixture.
4. Let stand for 30 minutes before serving.

Source: Eating Well

