

CHUNKY TOMATO-CUCUMBER SALAD (SERVES 8)

INGREDIENTS:

Optional: 1 garlic clove
2 medium cucumbers
4 large tomatoes
1 small red onion or 4 scallions
Optional: ¼ cup chopped parsley
2 to 3 tablespoons red wine vinegar or lemon
4 to 6 tablespoons extra virgin olive oil
Salt and pepper

TIPS:

- Crunchy and refreshing!
- Great with toasted whole wheat pita bread.
- Try sprinkling it with crumbled feta cheese or queso fresco.

DIRECTIONS:

1. If using, crush and peel garlic, removing any green shoots. Add a pinch of salt to the garlic and finely chop the garlic, rubbing and pressing against it with the side of the knife to help turn it to a paste. Place garlic in a large bowl.
2. Wash and dry the cucumbers. Peel only if they are waxy. Cut off the very top and bottom ends of the cucumber. Cut cucumbers into long slices, about ½-inch thick. Cut those slices into long strips, about ½-inch thick, and cut those strips into ½-inch cubes. Place in the bowl with garlic.
3. Wash and dry the tomatoes. Cut out the cores. Cut tomatoes into a small (1/2-inch) dice. Add tomatoes to the bowl.
4. Wash the onion. Cut it in half lengthwise (through the root) and peel the onion. Cut the onion into very thin slices. (Or, if using scallions, wash the scallions, removing any soggy outer layers. Trim off the top inch of the green part and trim off the hairy root end. Cut scallions on a diagonal into thin slices.) Add to the bowl
5. If using, wash, dry, and roughly chop the parsley.
6. Add vinegar (or lemon) and oil to the bowl. Toss to combine, taste, and add additional vinegar, lemon, or oil, if needed. Season to taste with salt and pepper. If using, add herbs and stir to combine.