

JULY: Summer Tomato, Onion & Cucumber Salad •

Prep time: Total Time: 50 mins. Servings: 6 servings



Ingredients:

- 3 tablespoons rice vinegar
- 1 tablespoon canola oil
- 1 teaspoon honey
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper, or more to taste
- 2 medium cucumbers
- 4 medium plum tomatoes, cut into 1/2-inch wedges
- 1 Vidalia or other sweet onion, halved and very thinly sliced
- 2 tablespoons coarsely chopped fresh herbs, such as flat-leaf parsley, chives and/or tarragon

Directions:

Whisk vinegar, oil, honey, salt and pepper in a large shallow bowl.
Remove alternating stripes of peel from the cucumbers. Slice the cucumbers into thin rounds.
Add the cucumber slices, tomatoes and onion to the dressing; gently toss to combine. Let stand at room temperature for at least 30 minutes and up to 1 hour.
Just before serving, add herbs and toss again.

NOTES: Make Ahead Tip: Prepare through Step 2 up to 1 hour ahead.



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HOME SURVEY: Fill out and return this survey to your homeroom teacher.

1. Did your children help prepare this recipe?
(circle one) YES NO
2. Did your family enjoy preparing this month's featured recipe?
 YES NO
3. Is this the first time your family members have tried this vegetable / fruit?
 YES NO
4. Did your family members learn new facts or information about this month's fruit or vegetable?
 YES NO
5. Did your family like this month's featured item?
 YES NO