

Cucumber Salad

Serve 4 as a side salad.



Ingredients:

- 2 cucumbers
- 1 small vidalia onion,
- 1 tlb minced fresh parsley
- 1 tlb minced fresh basil
- 1 TLB Olive Oil
- ½ TLB Balsamic Vinegar
- Sea Salt
- Pepper

Equipment:

- Colander
- Sharp Knife or mandolin
- Peeler
- Cutting Board
- Medium Bowl
- Fork

Instructions:

1. Wash the herbs. Drain in Colander. Mince and set aside.
2. Peel the cucumbers if the cucumbers are waxed or you don't like the peel. (Cucumber peel is a source of vitamin K.)
3. Trim the ends off the cucumber ends. Add waste to the compost.
4. Peel the onion.
5. Thinly slice the cucumber and onion. Use a knife or mandolin as you prefer.
6. Add the onion and cucumber to the bowl. Add sea salt and cover for 1 hour.
7. Drain liquid rinse well and drain in colander
8. Mix the balsamic vinegar, olive oil and herbs in a very small bowl.
9. Add cucumbers and onion to serving bowl.
10. Drizzle this dressing over the cucumbers.
11. Mix and fluff with the fork to distribute the the dressing.
12. Add salt and pepper to taste. Enjoy!