

# SHADY GROVE FARM AND WELLNESS CENTER

"WHERE GOOD THINGS GROW"

## *Cucumber & Tomato Salad*

- ½ English or seedless cucumber, diced
- 2 vine ripe tomatoes, diced
- Handful flat-leaf parsley, chopped
- 1/2 medium red onion, chopped
- 2 Tbs. red wine vinegar, a couple of splashes
- 3 Tbs. extra-virgin olive oil, (approximately)
- Salt and pepper

Serves 4

Combine all ingredients in a bowl. Dress with vinegar and oil, salt and pepper to taste.

