



Aunt B's Summer Salad

Makes 8 generous servings

The fresh mint and parsley give this salad its Mediterranean taste.

1 pound	Cucumbers
1 pound	Zucchini
1 ½ tsp.	Salt
¼ cup	Red wine vinegar
1 ½ pounds	Tomatoes
¾ cup	Onions, chopped
2 Tbls.	Olive oil
2 Tbls.	Fresh mint, chopped
¼ cup	Fresh parsley, chopped

- Wash, peel, remove seeds before chopping cucumbers. Wash and chop the zucchini. Put in large bowl. Add salt and vinegar. Toss until coated. Sit 30 minutes then drain and discard the liquid.
- Cut tomatoes in half and squeeze to remove juice and seeds (*see note below for peeling tomatoes*). Chop the seeded tomatoes.
- Add tomatoes and onions to the cucumbers and zucchini. If you wish, add a little vinegar and oil. Season with salt and pepper. Add chopped mint and parsley.

Note: An easy way to peel tomatoes. Loosen skin by dropping tomatoes in boiling water for 10 seconds (up to 30 seconds for less ripe tomatoes) take out of water and put immediately into cold water. Tomato skin peels off easily.

Recipe adapted from The Victory Garden Cookbook by Marian Morash

Nutritional Information:

Calories: 66	Total Fat: 3.5g
Saturated Fat: 0.5g	Carbohydrates: 7.0g
Total Fiber: 2.2g	Protein: 1.8g