

Sweet Cucumber & Tomato Salad

Submitted by Michelle Broussard-Hanes

Ingredients:

2 English cucumbers, peeled and sliced VERY thin

2 ripe tomatoes, sliced, then cut in chunks

4 TBSP Apple Cider Vinegar

2 TBSP dark brown sugar

Handful of Herbs de Province (sold at Harry's Farmers Market)

Directions:

Slice the cucumbers as thin as you can. Cut the tomatoes in slices and then in chunks. In a deep bowl, pour 4 TBSP of Apple Cider Vinegar and then 2 TBSP of dark brown sugar. Swirl the bowl around in a circular motion until the acid in the vinegar melts the dark brown sugar. Toss in a handful of Herbs de Province. Pour over the cucumbers and tomatoes and ensure the veggies are well coated in the dressing. Allow to marinate for 10 minutes.

Note: Only make enough for the required meal. This salad should be consumed immediately, do not refrigerate and store overnight—it will be too wilted.

*The partaking of food has three degrees: abstinence, adequacy and satiety. To abstain, means to remain a little hungry after eating; to eat adequately, means neither to be hungry, nor weighed down. But eating beyond satiety is the door to belly-madness, through which lust comes in. But you, firm in knowledge, choose what is best for you, according to your powers, without overstepping the limits...
St. Gregory of Sinai*