



Lunch Salad - 3 Different Ways

Enjoy this light and refreshing summer salad at lunch all week long. Create the base salad. Then, add the extras each day to enjoy a different variety all week.

Ingredients :

Salad base:

- 8 mini cucumbers, sliced
- 3 cups cherry tomatoes, halved
- 2 Tbsp. Olive Oil
- 1 Tbsp. vinegar or your choice (red, white, balsamic)
- 1/4 cup fresh basil, coarsely chopped
- salt & pepper to taste

Extra add-in options:

- 1. Chickpeas, feta cheese & pita chips
- 2. Tuna, cooked barley & feta cheese
- 3. Hard-boiled egg, feta cheese & pita chips

Notes :

Recipe adapted from: www.chefjulierd.com

Procedure :

- 1. Slice cucumbers into coins and cut cherry tomatoes in half. Chop basil (or scissor cut). Combine all in a large bowl.
- 2. In small bowl, whisk together oil and vinegar. Drizzle over salad.
- 3. Toss to coat. Season with salt and pepper
- 4. Store in fridge for 3-5 days.
- 5. Select optional add-ins for filling lunch salad.

Prep Time :	10-15 minute
Cook Time :	
Servings :	4-6 servings