

LUNCH SALAD - 3 DIFFERENT WAYS

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

Adapted from: www.chefjulird.com

Featured Food: Tomatoes

Yield: 4-6 servings

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
4. Your choice!

Preparation

Slice cucumbers into coins and cut cherry tomatoes in half. Chop basil (or scissor cut).

Combine all vegetables in a large bowl.

In small bowl, whisk together oil and vinegar. Drizzle over salad. Toss to coat. Season with salt and pepper

Store in fridge for 3-5 days.

Select optional add-ins for a filling lunch salad.

ENJOY!