



MID-SUMMER TOMATO SALAD

EQUIPMENT

- bowl
- cutting board
- knife
- spoon/tongs

INGREDIENTS

- 3-4 medium sized tomatoes (~ 3 cups diced tomatoes, choosing a variety is wonderful for flavor!)
- ¼ cup thinly sliced red onion
- 1 cucumber, diced
- 1 ear of corn, kernels removed
- 3 tbsps fresh herbs (cilantro, basil, parsley, or chives!)
- 2-3 tbsps olive oil
- 2 tbsps red wine vinegar
- salt to taste
- Nasturtiums for decoration

- 1 Combine vegetables and herbs in bowl.
- 2 Drizzle with olive oil and red wine vinegar and toss.
- 3 Salt to taste and garnish with nasturtiums.
- 4 Enjoy!