



## Aunt B's Summer Salad

Serves 8

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, and remove seeds from cucumbers, then chop. Wash and chop the zucchini. Put in large bowl. Add salt and vinegar. Toss until coated. Let sit for 30 minutes then drain. 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.

*To peel tomatoes: Drop 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