

Simple Summer Cucumber, Onion and Tomato Salad

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2 large cucumbers
3 large tomatoes
1 large vidalia or red onion, halved and sliced thick

For the Dressing:

1/4 cup extra virgin olive oil
1/2 cup vinegar - apple cider, red wine or white are all good choices
2 teaspoons granulated sugar, *or to taste*
1/2 tablespoon mixed fresh, chopped herbs (parsley, basil, oregano, dill), *or to taste*
1 teaspoon kosher salt, *or to taste*
1/4 teaspoon freshly cracked black pepper, *or to taste*

Peel the cucumber and cut it in half lengthwise. Cut into slices and put into a glass serving bowl. Cut tomatoes into bite sized chunks and add to the cucumbers. Cut the onion slices into quarters and add to the bowl. Whisk together the oil, vinegar, sugar, herbs, salt and pepper and pour over the salad. Toss well, cover and refrigerate for at least 30 minutes, 2 hours is even better. Let rest at room temperature for about 10 minutes; serve as is or spoon over torn lettuce.

Old School: One of my favorite ways to prepare this salad with juicy, fresh garden tomatoes and cucumbers is to skip the dressing and let them marinate in their own juices. Cut up cucumbers and place into a colander. Sprinkle liberally with salt and let rest for 30 minutes. Transfer cucumbers to a lidded storage bowl and add tomatoes and onion. Season liberally with freshly cracked black pepper; toss and place in fridge to marinate several hours.

Cook's Notes: Grocery store cucumbers are heavily waxed and should be peeled, but when using fresh from the garden cucumbers, you may slice them unpeeled. May substitute about a teaspoon of dried herbs or dried Italian seasoning for the fresh herbs. Salad dressing may be refreshed with new cucumber, onions and tomatoes until the dressing begins to taste watered down, then start over. Grate a little fresh Parmigiano Reggiano cheese over the top if you like, but reduce or eliminate salt if using the cheese.

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