

02/02/11 - Cucumber Tomato Salad

Another crunchy wonderful salad for a side dish, this version of the classic Israeli salad is great with Lamb, beef, chicken, or fish. This night I was thinking light since I want to fit in a certain dress soon. I made the salad and a piece of succulent Chilean Sea Bass, pan seared in a little olive oil.

The salad makes a great side for lunch or brunch.



Makes a side dish for 4 people

6 Persian cucumbers

4 vine ripened Roma tomatoes

1 red bell pepper

1/3 cup of mashed grilled eggplant (it comes in a container like hummus, all ready to use)

Salt and fresh cracked pepper



2 tablespoons fresh lemon juice

2 tablespoons fruity olive oil (optional)

Wash the cucumbers. Scrape the skin of the cucumbers, peeled or not, your choice, and then dice them about 1/3 inch size. Dice the tomatoes and red bell pepper about the same size as the cucumber. Add all of the ingredients to a serving bowl and toss well. The oil really is optional. I usually don't add it.

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Waldorf Salad

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