



URBAN MINISTRY

Summertime Salad

SERVES
4 PEOPLE

YUM! The first 100 registered participants will receive a free produce bag.

INGREDIENTS

- 1 fresh large heirloom tomato
- OR
- 1 pint assorted cherry tomatoes
- 1 fresh cucumber
- fresh basil (several leaves)
- fresh dill (1 - 2 sprigs)
- 1 - 2 tbsp organic extra virgin olive oil to taste
- 1 tbsp organic balsamic vinegar to taste
- sea salt and freshly ground black pepper to taste

Directions

- 1 Mix all ingredients in a bowl.
- 2 Transfer mixed ingredients into your prettiest salad bowl.
- 3 Serve as a side with your favorite beans or field peas.