

Cucumber Salad with Mint

Ingredients

2 – 3 cucumbers (I prefer English,
but any will work)
¼ cup chopped fresh flat-leaf parsley
¼ cup chopped fresh mint leaves
¼ of a red onion, thinly sliced (optional)

3 Tbsp. sugar (adjust to taste)
1 – 1 ½ tsp. yellow mustard
2/3 cup red wine vinegar
1/3 cup olive oil

Directions

Prepare dressing by mixing sugar and mustard with red wine vinegar. Slowly drizzle olive oil in while continuing to whisk. Set aside.

Rinse, dry and chop parsley and mint into small pieces.

Thinly slice onion, if using.

If you want to add a decorative touch, peel the skin off the cucumbers every half inch or so for a striped effect. Cut in half lengthwise, then crosswise. Scoop out the seeds (there will be less in the English cucumbers). Slice into ¼ inch slices and place in bowl.

Add parsley, mint and onions, then dressing. Mix thoroughly. I find it best if it marinates in the refrigerator for at least 4 hours, but you can serve it sooner. Toss occasionally while it is in the refrigerator.

Enjoy!