## Fresh Tomato, Basil and Cucumber Salad

## **INGREDIENTS:**

1 box of croutons (or make your own!)

3/4 cup thinly sliced red onion

- 1 tablespoon red wine vinegar
- 1 pint cherry tomatoes

3 ½ cups of your favorite tomato, cored and cut into bite sized pieces

1 ¼ teaspoon kosher salt, to taste

4 small cucumbers, peeled and cut into  $\frac{1}{2}$  inch thick slices

16 fresh basil leaves, torn into big pieces

Flaky sea salt, for finishing

## **DRESSING INGREDIENTS:**

1/4 cup finely chopped shallots

1/4 cup red wine vinegar

2 tablespoons balsamic vinegar

4 very ripe small tomatoes

8 fresh basil leaves, torn into big pieces

1/2 cup extra-virgin olive oil

2 garlic cloves, smashed

1/2 teaspoon of kosher salt



Innovating primary care, leading as a Patient-Centered Medical Home.

Source: foodandwine.com.



## **DIRECTIONS**:

- 1. FOR THE DRESSING: Stir together shallots and vinegars in a medium sized bowl.
- 2. Cut tomatoes in half and grate cut sides on a large box grater until just the skins remain. Discard skins.
- **3.** Set aside 1 cup tomato pulp. (Reserve the rest for another use.)
- **4.** Stir tomato pulp, oil, basil leaves, smashed garlic, and salt into vinegar mixture. Let stand 10 minutes for flavors to meld.
- **5.** Remove and discard garlic. Taste dressing and adjust seasoning as needed.
- 6. Set aside 1 ¼ cups dressing. (Reserve remaining for another use.)
- 7. FOR THE SALAD: Toss together sliced onion and vinegar in a small bowl. Set aside 20 minutes. This will "quick pickle" your onions and help to remove their raw, bitter taste.
- Place half of your croutons in a large bowl and toss with ½ cup dressing. Then place bite sized tomatoes on top and season with ½ teaspoon salt. Let stand 10 minutes.
- 9. Remove onions from vinegar, saving the vinegar.
- **10.** Add onions, cucumbers, basil, and remaining croutons to bowl with your tomatoes.
- **11.** Add vinegar from the onions, <sup>3</sup>⁄<sub>4</sub> teaspoon salt and <sup>3</sup>⁄<sub>4</sub> cup of your dressing. Adjust seasoning if needed.
- **12.** Sprinkle with flaky sea salt for finishing (optional). Best enjoyed fresh!