



Tomato & Cucumber Salad with Pecan Oil Vinaigrette

This is a salad that will taste better the next day, or even the day after!

<u>U.S.</u>		<u>Metric</u>
2 each	Tomatoes, medium, cut into wedges (or 1 pint cherry tomatoes)	2 each
1 each	Cucumber, cut into 1/2" thick half moons	1 each
1/4 each	Onion, julienned	1/4 each
1/4 cup	Cane Vinegar	60 mL
1 Tbsp	Dijon Mustard (optional)	15 g
1 Tbsp	Honey	21 g
1 Tbsp	Fresh Herbs such as Thyme, Oregano, or Parsley, chopped	3.6 g
1/4 tsp	Salt, Kosher	1.5 g
to taste	Black Pepper, ground	to taste
1/2 cup	Pecan Oil	120 mL

Preparation:

1. Gather all ingredients and equipment.
2. Mix together the tomatoes, cucumbers and onion in a large mixing bowl.
3. Whisk together the vinegar, mustard (if using), honey, herbs, salt and pepper in a bowl.
4. While whisking, slowly drizzle in the pecan oil to emulsify.
5. Once blended, remove from processor. Place mixture in a medium bowl and fold in herbs.
6. Allow to chill up to 24 hours, and serve cold. Pour the vinaigrette over the tomato and cucumber mixture. Mix well.

Nutrition Facts

Serving size	1 cup
Servings	6
Calories	200
Calories from Fat	170
Total Fat	19 g
Saturated Fat	2.5 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	150 mg
Carbohydrates	4 g
Dietary Fiber	1 g
Sugars	2 g
Protein	1 g
Vitamin A	2 %
Calcium	4 %
Vitamin C	2 %
Iron	1 %
Phosphorus	14 mg
