

# Cucumber And Mint Salad

written by admin | January 23, 2012



This simple salad is light and refreshing! Serve it with your favorite soup or try spreading hummus in a toasted whole wheat pita and then stuff the pita with the salad. So delicious and very satisfying!

## **Equipment:**

chopping board  
Large Salad Bowl  
Small Mixing Bowl

## **Ingredients:**

4 ounces frozen green peas, thawed or use fresh  
1 cup torn fresh mint  
1 small seedless cucumber, halved or quartered lengthwise and cut 1/2 inch thick  
1 head Boston lettuce or leaf lettuce, leaves torn into pieces  
1/4 cup olive oil  
2 Tbsp fresh lemon juice  
salt to taste  
crushed red pepper to taste

## **Directions:**

1. In a large bowl, toss the green peas with mint, cucumber and lettuce.
2. In a small bowl, pour 1/4 cup oil into lemon juice in a slow, steady stream, whisking until emulsified. Season with salt and crushed red pepper to taste.
3. Drizzle dressing over salad and toss to coat evenly.

adapted from '*Martha Steward Living*,' March 2010