

Cucumber and Tomato Salad

- 2 medium large English or 1 lb pickle cucumbers, chopped
- 4 medium or 1 lb grape/cherry tomatoes, chopped
- 1/4 cup red onion, thinly sliced or diced
- 1/4 cup dill, finely chopped
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon Himalayan sea salt
- Ground black pepper, to taste
- Apple cider vinegar, to taste (optional)



1. In a large bowl, add all ingredients and stir gently.
2. Best served immediately, however salad stays crunchy for up to 24 hours.

Serving Size = 2 cups

4. Baked Cajun Chicken: Preheat oven to 450 degrees F, arrange chicken in a single layer in a large baking dish and bake for 25 minutes. Remove from the oven, cover and let rest for 10 minutes.
5. Grilled Cajun Chicken: Preheat grill on medium-high heat (450-500 degrees F), place chicken on the grill, close the lid and grill for 8-10 minutes turning once. Do not overcook. Remove from the grill, cover with foil and let rest for 5 minutes.

Serving Size = 2 cups (raw) veggies

