

Cucumber Tomato Salad with Miso Vinaigrette *from Urban Sacred Garden*



Today I pulled up the last of my summer vegetable garden to make way for a Fall planting. As a result I had 32 tomatoes, some Cucumbers and other veggies in need a of a food home. This salad is a perfect use the Cucumbers and Tomatoes and I've been making it all Summer. I've talked before about how much I adore Asian inspired flavors and seasonings, and this salad highlights some of my favorite Asian ingredients in the vinaigrette. Don't be afraid to try something new and pick up a few items at the grocery store for this recipe - they are super tasty and a great addition to your pantry. Yield: About 6 Cups

INGREDIENTS

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| 1 Large (or 2 Medium) Cucumbers, cut into bite sized pieces | 2 Tbsp Olive Oil |
| 3 Large Tomatoes, cut into bite sized chunks* | 2 Tbsp Brown Rice Syrup (or Honey) |
| 1 Green Onion or Banana Pepper, chopped into thin circles | 2 Tbsp Water |
| 3 Tbsp Fresh Parsley, finely chopped | 1 Tbsp Tamari or Soy Sauce |
| 2 Tbsp White Miso | 1 Tbsp Rice Vinegar |
| | Freshly Ground Sea Salt |
| | Freshly Ground Black Pepper |

*Note: Colorful Heirloom varieties look gorgeous in this salad.

DIRECTIONS

1. Chop Cucumbers, Tomatoes, Green Onion (or Banana Pepper) and Parsley and put in a large bowl. Set aside.
2. In a small food processor, or with an immersion blender or whisk in a small bowl, combine Miso, Olive Oil, Brown Rice Syrup, Water, Tamari and Rice Vinegar until smooth.
3. Pour dressing over Tomato mixture in the large bowl and toss together so veggies are thoroughly covered with the Miso Vinaigrette. Add Salt and Pepper to taste, but it shouldn't need too much (Miso is very flavorful!). I like to add a dusting of Fresh Ground Pepper on top.
4. Cover the salad and keep in the refrigerator until ready to serve. Serve cold or at room temperature. Enjoy!