



Persian Cucumber Salad

This salad is especially good with Persian cucumbers if you can find them. (see picture below) They have thinner skins than the Kirby's which make a good substitute.

4 Persian or Kirby cucumbers, slice very with a mandolin
2 small vine ripe tomatoes, chopped
1 1/2 teaspoon of fresh dill weed, chopped
2 Tb flax oil or olive oil
2 Tb rice vinegar
Celtic sea salt to taste
pinch red pepper flakes
1 1/2 tsp black sesame seeds

- In a medium bowl, mix cucumbers, tomatoes and dill together carefully.
- Sprinkle with oil, vinegar, salt and red pepper flakes.
- Mix to coat the vegetables with the flavorings.
- Top with black sesame seeds.
- Serve cold.

