

# Herb Cucumber and Mint Salad

## Ingredients

2 English cucumbers  
1/4 cup fresh mint leaves, chopped  
1/4 cup fresh parsley, chopped  
2 T fresh lemon balm, chopped (optional)  
3 T extra virgin olive oil  
2 T fresh lemon juice  
Splash of white balsamic vinegar  
1/2 tsp sea salt  
Fresh cracked pepper, to taste  
Crumbled feta cheese (optional)

## Method:

Prepare the cucumbers by peeling, halving lengthwise, seeding and thinly slice into half moons. Add the chopped mint, parsley, and lemon balm or desired herbs.

In a small bowl, whisk together the olive oil, lemon juice, white balsamic vinegar, sea salt, and freshly cracked pepper. Add the cucumber slices to the bowl with the herbs. Pour the vinaigrette over the cucumber and herb mixture.

Toss together until the cucumbers are evenly coated with the herbs and dressing. Serve immediately, or refrigerate for up to an hour to let the flavors combine.

*Recipe by Chef Megan McCarthy*



ATLANTA BOTANICAL GARDEN