

Rabbi Grossman's Shabbat Cucumber Salad

My husband and I so look forward to this simple recipe every Shabbat. It is adapted from a lettuce salad my mother-in-law of blessed memory used to make. I don't eat lettuce, so it became a cucumber salad. I only add pepper but you can add any salad friendly vegetables you like. Let me know how *you* like it at rabbi.grossman@beth-shalom.net.

Total preparation time: 15 -30 minutes. Optional 1 hour marinate.

Ingredients for 2 people (You can double or triple for more):

- 1 large cucumber (English cucumbers are best but any cucumber works.)
- 1 yellow, red, or orange pepper (or any combination of)
- 1 lemon
- 2 tsp salt (or less if you prefer)
- 2 tbs. oil (canola works best)

Equipment:

- Clean Towel to dry vegetables.
- Large enough bowl
- Mixing spoon
- Sharp knife – use with adult supervision
- Optional: peeler



Prep:

1. Wash and Dry Cucumber, Pepper and Lemon.
2. Which kind of cucumber are you using? If English cucumbers, go to next step. If regular cucumbers, peel off the skin first.
3. Cut cucumber in quarters down the length of the cucumber. Then slice into thin slices. Place slices in bowl.
4. Cut pepper in thirds, remove stem, seeds, white lining. (Small green peppers inside are a special bonus.) Note: If you want mixed colors, use equal amounts from each color pepper. Slice into thin slices then cut each slice into bite sized pieces. Add to bowl.
5. Mix up cucumbers and peppers. Enjoy the mixture of colors!
6. Add salt to taste and mix. You can always add more salt, so add slowly and mix. HINT: Once you add in the lemon and oil, the dish will taste less salty. (Be mindful that some members of your family may need to eat less salt. You can always add more later.)
7. Once you have the right level of salty taste, you are ready for the lemon.
 - a. Roll the lemon along the edge of the sink to make it soft. Then cut it in half and squeeze each half into the bowl. Mix.
8. Taste to see if it is still salty enough or if you need more salt and adjust as needed, mixing each time you add anything.
9. When ready, add oil and mix.

10. If you have time, let the salad marinate (sit in its juices) for at least one hour in the refrigerator.