

Homegrown

Cucumber and Apple Salad

- ✓ 1 cucumber
- ✓ 2 apples
- ✓ 1 bell pepper
- ✓ 1 tbsp. parsley
- ✓ 1 clove garlic
- ✓ 1 tbsp. honey
- ✓ 2 tbsp. vinegar
- ✓ 1 tsp. sea salt

Peel cucumber, then cut cucumber and apples into small pieces and toss into a large bowl.

Finely cut bell pepper and add to bowl.

Finely chop (mince) parsley and garlic. Add to a small bowl and whisk together with honey, vinegar and salt.

Drizzle mixture over vegetables and toss well until everything is covered completely.



NC STATE EXTENSION

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