

## Pickled Cucumber Salad

This cucumber salad gets its name from the apple cider vinegar. It lends a sweet and sour tang to this dish that reminds me of fresh pickles. Cucumber salad also makes a great topping for your turkey burger or salmon cakes in place of pickle relish.

*Serves 4*

### Ingredients

1 large English cucumber or 4 small Persian cucumbers, peeled, thinly sliced  
1/2 teaspoon of fine sea salt  
1 small shallot, minced  
1 tablespoon apple cider or rice wine vinegar  
2 tablespoons olive or canola oil  
2 tablespoons thinly sliced fresh mint or basil  
1/4 teaspoon freshly ground black pepper

### Directions

Spread cucumbers out in a colander, sprinkle with salt and rest for 20-25 minutes. Squeeze cucumbers gently to remove any excess water and place on paper towel.

In a large bowl, toss cucumbers with shallot, vinegar, olive oil and mint or basil. Serve immediately.

### Make It A Meal

Herbed Fish or Gazpacho with Shrimp

### Wine Pairing

Sauvignon Blanc or Riesling