

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Simple Leek Salad

Serves: 4

Ingredients:

Juice of 1 lemon

3 tablespoons extra-virgin olive oil

3 leeks, white and light green parts only, finely sliced

1 cup cherry tomatoes, halved

1 cucumber, chopped

½ cup chopped fresh herbs (parsley, cilantro, dill or other favorites)

Salt and pepper to taste

Directions:

1. Whisk together lemon and oil adding salt and pepper to taste.
2. Combine vegetables and herbs and toss in dressing.
3. If you fall in love with leeks, you'll love this dish!