



Tomato Cucumber and Papaya Salad

Total: 10 min Active: 10 min Yield: 4 to 6 servings

Ingredients:

2 tablespoons rice vinegar

1/2 cup olive oil

Salt and freshly ground black pepper

2 large ripe tomatoes, cut into wedges

2 English cucumbers, peeled and sliced into 1/4-inch thick slices

1 papaya, peeled, diced large and seeds reserved

Directions:

In a mixing bowl whisk vinegar while slowly adding olive oil. Season with salt and pepper and toss with tomatoes, cucumbers, papaya, and papaya seeds. Taste and adjust seasoning.

Serve family style.

Find additional healthy recipes at:

<http://ext.vt.edu/food-health/family-nutrition-program/recipes.html>

<https://blogs.ext.vt.edu/eatsmart-movemore/2017/04/13/2017-spring-recipes/>