



Tomato, Cucumber and Bean Medley

(Southern Herb Growing)

- ½ pound green beans
- 1 cucumber, chopped with skins on
- 1 pound chopped fresh tomatoes
- 1/3 cup chopped **mint**: apple, orange, or spearmint
- ¼ cup chopped green onions
- ½ cup heavy cream, whipped
- 2-3 tablespoons fresh lemon juice
- Salt to taste

Remove stems ends from green beans and cut on diagonal into 2-inch pieces. Plunge prepared beans into boiling salted water. Return to boil and cook 1 minute or until beans are bright green and crunchy-tender. Pour off hot water and pour ice water over beans to stop cooking; drain.

Prepare cucumbers, tomatoes, mint and onions. Chill all vegetables separately. Just before serving, combine vegetables and mint. Fold in whipped cream, lemon juice and salt (doing so ahead of time will cause salad to be watery). Taste for lemon and salt.

Serves 6.