

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Summer Salad with Fresh Dill

"Tomatoes: Stories, Varieties, Recipes," by Learn Great Foods

2 tomatoes  
1 cucumber, peeled  
1 sweet onion, chopped  
1 bell pepper, seeded and chopped  
1/3 cup sour cream (Look for organic, full-fat sour cream. The less processed it is, the better. Our favorite brand is Farmer's Creamery. You can buy it at Whole Foods or T-Bones Meats in O'Fallon.)  
1/3 cup mayonnaise (Look for an organic, or all-natural, one without corn syrup or hydrogenated oil.)  
2 teaspoons lemon juice  
1 tablespoon fresh dill, chopped  
Salt and pepper, to taste

1. Slice tomatoes in half, sprinkle with salt and invert on a paper towel for 15 minutes. Chop.
2. Chop cucumbers; place in a colander and sprinkle with salt. Let stand 15 minutes; pat dry with paper towels.
3. In a medium bowl, toss sweet onion, tomatoes, cucumber and bell pepper.
4. In a small bowl, blend sour cream, mayonnaise, lemon juice, dill and salt and pepper, to taste. Mix the sour cream sauce with the veggies and serve.