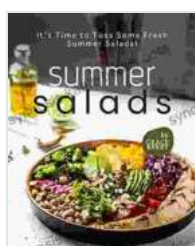


# Toss Some Fresh Summer Salads



## Summer Salads: It's Time to Toss Some Fresh Summer Salads! by Grace Berry

★★★★☆ 4.1 out of 5

Language : English  
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As the dog days of summer heat up, it's time to ditch the heavy meals and opt for something lighter and more refreshing. Salads are a perfect choice for summer, as they are packed with fresh vegetables, fruits, and herbs. They are also a great way to get your daily dose of vitamins and minerals.

Summer salads are perfect for a quick and easy lunch or dinner. They are also great to take along on picnics or potlucks. And, best of all, they are delicious and satisfying.

Here are a few tips for tossing together a great summer salad:

- Start with a base of fresh greens, such as romaine lettuce, spinach, or arugula.
- Add in a variety of fresh vegetables, such as tomatoes, cucumbers, bell peppers, onions, and carrots.
- Don't forget to include some fruit, such as berries, peaches, or mangoes.
- Add some herbs, such as basil, oregano, or mint, to give your salad a burst of flavor.
- Finish your salad with a light dressing, such as olive oil and lemon juice, or a vinaigrette.

Here are a few summer salad recipes to get you started:

### **Caprese Salad**

- 1 pound fresh mozzarella, cut into 1-inch cubes
- 1 pint cherry tomatoes, halved

- 1/2 cup fresh basil leaves, chopped
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- Salt and pepper to taste

### **Instructions:**

1. Combine all ingredients in a large bowl.
2. Toss to coat.
3. Serve immediately.

### **Cucumber Salad**

- 1 English cucumber, thinly sliced
- 1/2 cup red onion, thinly sliced
- 1/4 cup fresh dill, chopped
- 1/4 cup white vinegar
- 1/4 cup sugar
- 1 teaspoon salt
- 1/2 teaspoon black pepper

### **Instructions:**

1. In a large bowl, combine cucumber, onion, dill, vinegar, sugar, salt, and pepper.

2. Toss to coat.
3. Cover and refrigerate for at least 2 hours before serving.

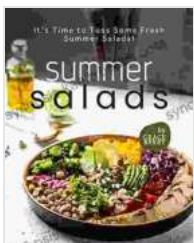
## Fruit Salad

- 1 cup fresh berries (such as strawberries, blueberries, raspberries, or blackberries)
- 1 cup fresh peaches, diced
- 1 cup fresh mangoes, diced
- 1/4 cup fresh mint, chopped
- 1/4 cup honey
- 1 tablespoon lime juice

## Instructions:

1. Combine all ingredients in a large bowl.
2. Toss to coat.
3. Serve immediately.

Enjoy these fresh summer salads all season long!



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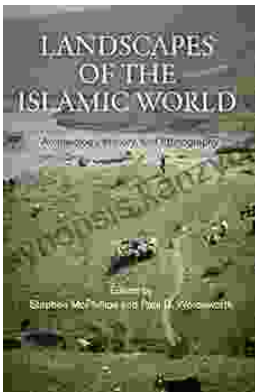
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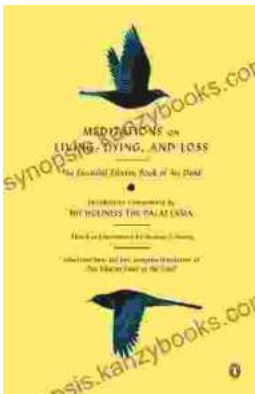
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