

Crunchy vegetable and herb salad

Serves 4 – 6

4 tomatoes

Small red onion

5 new little carrots

6 - 8 radishes

Half a cucumber

6 'ready to eat' dried apricots

1 pepper - any colour but green

For the dressing:

150ml Greek style plain yoghurt

2 tbs lemon juice

2 pulverised cloves of garlic

(Try a mix of mint, garlic chives and basil
- but the choice is yours)

Freshly ground black pepper and salt - to taste

2 tbs olive oil

1 tsp cumin seed - ground

4 heaped tbs chopped mixed salad herbs

Dice up all of the salad ingredients into bite sized pieces and put into your serving bowl.

Put the yoghurt into another bowl and stir in all of the other dressing ingredients to mix well.

Pour over the diced vegetables and turn them in the dressing until they are well coated.

Chill for an hour or so before serving, but no longer or the vegetables will start to lose their crunch.