



Simple Cucumber and Carrot Summer Salad

Chef Michael Smith shares a salad you could make your own

1 English cucumber, halved, sliced
2 carrots, peeled, sliced
1 Tablespoon Rosé wine vinegar or apple vinegar
3 Tablespoons olive oil
1 Tablespoon honey
1/8 teaspoon hot sauce optional
1/8 teaspoon salt or as desired
1/8 teaspoon ground black pepper
Fresh baby spinach as needed
Garnish: favorite seeds or nuts such as sunflower seeds, pumpkin seeds, or walnuts as desired

- Thinly slice cucumber and carrots; place in a bowl.
- Whisk vinegar, olive oil, honey, hot sauce, salt, and pepper; pour over cucumbers and carrots; toss well. Serve immediately or set aside to marinate until serving.
- **To Serve:** Line a bowl with fresh baby spinach leaves; spoon cucumbers and carrots in the center. Reserve any remaining dressing to serve on the side if desired.
- Serve with a sprinkle of your favorite seeds or nuts such as sunflower seeds, pumpkin seeds, or walnuts. Serves: 4

GG Inspired Recipe: We used De Nigris Rosé Sweet Vinegar in our recipe but the recipe will also work with a lemon favored dressing.

Recipe from cooking show, *Chef at Home*, by Chef Michael Smith.

For original recipe see: <https://www.food.com/recipe/chef-michael-smith-cucumber-and-carrot-salad-144023>

About the Recipe: The simplest combinations are the most satisfying and elegant. This salad combines carrots and cucumbers, sweet wine vinaigrette and is served on a bed of fresh baby spinach. The Rosé wine vinaigrette brings together a touch of tartness with the subtle sweetness of honey, It is so easy to make and the carrots and cucumbers can be prepared ahead of time. Nothing like a simple summer salad!