

## **LOVE STARTS IN THE KITCHEN!™**

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**Tis the season! Vine ripened tomatoes are on our table just about every day in some form or another. This is a simple, colorful dish loaded with nutrients and just bursting with fresh flavors! Adding mint, a great digestive herb and basil, which contains iron and potassium, adds even more punch to the dish. And notice I've suggested salad burnet – an herb that's a true cucumber substitute!**

- 8 oz Feta cheese
- Handful of fresh mint, chopped
- Handful of fresh basil, julienned
- 4 large ripe tomatoes, cut into 1/4" slices
- Couple handfuls of cherry, pear or grape tomatoes in different colors, halved
- One cucumber, peeled, seeded and diced small or Handful of salad burnet leaves, chopped
- 1/2 cup or so Kalamata or Nicoise olives, pitted and halved
- 1/4 cup Olive oil
- Zest of one lemon
- Juice of one lemon, about 4 teaspoons

**Crumble feta, add mint and basil and set aside. Season tomato slices with salt and arrange, overlapping slightly, on a serving platter. Sprinkle with cucumbers or salad burnet and scatter bite size tomatoes over the top. Sprinkle olives on top. Whisk olive oil, lemon zest and juice. Season with salt and pepper. Drizzle over salad. Scatter Feta on top and garnish with more mint and basil. Wow!**

### **RITA'S HERB OF THE WEEK: SALAD BURNET**

**Love the taste of cucumber but don't like what it does to your tummy? Some folks have trouble digesting cucumber. Salad burnet, a reliable perennial herb, loves the sun but will grow nicely in part shade. It has lacy green leaves and tastes like cucumber and can be used in many recipes that call for cucumber. Try putting several sprigs into white wine vinegar along with a clove of garlic. Let infuse and now you have cucumber and garlic infused vinegar, ready to put some zing into your salads!**

### **RITA ON THE WEB!**

Log onto my new website: [www.Abouteating.com](http://www.Abouteating.com)

### **MORE RITA!**

**Check out my books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) and also my yummy bread blends.**

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