Meatless Friday: Salad, Pesto, and Pickles

by Alex Resch

Easy Tomato and Cucumber Salad

Ingredients

2 cups chopped tomatoes
1 cup chopped cucumber
1/8 cup olive oil
2 tbsp balsamic vinegar
¼ tsp fresh oregano leaves
salt and pepper to taste

Directions

Combine all ingredients in bowl and mix. Chill until ready to serve. Keeps well in the fridge for 2-3 days. Feel free to add other favorite herbs and veggies (such as corn or zucchini) to the mix.

Nut-Free Pesto Pasta

Ingredients

1 lb rotini, bow tie, or other favorite pasta
2 cups basil leaves
¼ cup olive oil
¼ cup Parmesan cheese
1 garlic clove or 1 tsp garlic powder
pepper to taste

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Name of Recipe

Directions

Cook the pasta according to the instructions on the package. Combine basil, olive oil, cheese, garlic, and pepper in a blender. Blend the mixture until smooth, and then mix into the pasta. This pesto is also delicious drizzled over tomato and mozzarella as a salad or a sandwich.

24-Hour Sweet Pickles

Ingredients

2 cups pickling cucumbers cut into spears or sliced into circles (or, enough to fill a 32-oz mason jar)
1 cup white vinegar
1 cup water
½ cup sugar
½ tsp salt

Directions

Fill the mason jar with your cucumber spears standing up and packed tightly. Mix the other ingredients in a large measuring cup with a pouring spout. Keep mixing until it's no longer cloudy. Pour the liquid over the cucumbers until they are completely covered. Keep the jar in the fridge for 24 hours or more for the best flavor and maximum pickling effect.