Nourishing Wisdom
The relationship with food you've been craving

**Cooling Cucumber Coins with Feta (or tofu) and Mint**
Serves 4

If you choose thin skinned English or Persian cucumbers or small curby cukes you won't have to peel.

**Ingredients**
3 cucumbers, or 2 English/Persian cucumbers, sliced thickly (and peeled if desired)
7 ounces feta cheese or extra firm tofu
5 scallions, sliced in ¼ inch pieces
3 Tablespoons fresh mint leaves, finely chopped
1 teaspoon dried or fresh oregano, chopped
¼ Cup olive oil
1 Tablespoon vinegar of choice
salt
Fresh ground pepper

**Method**
Slice cucumbers thickly and lay out across a plate, set aside.
Slice feta/tofu in squares that will fit easily on top of each cucumber slice and lay out on a separate plate.

In a bowl, combine olive oil, vinegar, mint, oregano, scallions, salt and fresh ground pepper. Mix and pour over feta/tofu. Gently stir with a metal spatula, keeping the feta/tofu pieces from breaking.

Top each cucumber slice with feta/tofu mixture.
Enjoy this delicious Summer treat!

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