

It is quick and simple with only a few ingredients, yet served with just fresh leaf lettuce and spring onions, so good!

### Ensalada Murciana - Murcian Salad

- 2 medium heads of lettuce (preferably Boston or Romaine)
- 2 medium green peppers
- 2 medium cucumbers
- 3 large tomatoes
- ½ medium onions (preferably a sweet mild onion)
- 9 tbs. olive oil
- 3 tbs. vinegar
- ½ tsp. salt

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Dice washed lettuce, peppers, tomatoes, onions, and peeled cucumbers, but keep them all separate. Put a layer of chopped lettuce in a flat-bottomed serving dish with fairly high sides. Cover with a layer of chopped pepper, then a layer of cucumbers, topped by the onions and, lastly, the tomatoes. Mix olive oil, vinegar, and salt in a bowl and pour it over the salad. Cover the dish and keep it in a cool place for at least 2 hours before serving. Serve in the dish in which it was made.

Serves 6.



To prepare iceberg lettuce, remove outer leaves then dislodge the core by slamming it down on a hard surface. Remove core by twisting it out then run cold water into core area to flush out excess dirt. Turn lettuce over, shake out excess water, and separate leaves.

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