



### *Ingredients*

#### For Salad

2 dozen or so fresh okra, medium size  
½ medium purple onion  
8 to 10 cherry tomatoes  
4 hard-boiled eggs

#### For Dressing

4 parts apple cider vinegar  
1 part olive oil  
Salt and pepper to taste

### *What To Do:*

Heat enough water in a pot on the stove to blanch the okra. Also prepare an ice bath.

Remove tops of okra, and blanch until fork tender. Immediately put into ice bath to cool.

Slice onion into very thin rings. Slice tomatoes in half. Once the okra is cool remove it from the ice bath to a big bowl and add all other ingredients, except eggs, and allow to completely chill.