

Plate Dream

Cucumber and Tomato Salad – Fresh Summer Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Side Dish** Course

Ingredients

Salad

- [ ] 2 large cucumbers, thinly sliced
- [ ] 3 ripe tomatoes, cut into wedges
- [ ] 1/4 cup fresh basil leaves, torn
- [ ] 1/4 cup red onion, thinly sliced (optional)

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp red wine vinegar
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tsp honey
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash the cucumbers and tomatoes; pat dry. Slice cucumbers thinly and arrange in a large bowl.
2. Add tomato wedges and torn basil (and onion if using) to the bowl.
3. In a small bowl, whisk together olive oil, red wine vinegar, lemon juice, honey, salt, and pepper until emulsified.
4. Drizzle the vinaigrette over the vegetables, toss gently to coat evenly.
5. Let the salad rest for 5 minutes to allow flavors to meld, then serve chilled.

Nutrition per serving

120 kcal	2 g	8 g	9 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - If the cucumbers are very watery, sprinkle them with a pinch of salt and let sit for 5 minutes, then drain.
> - Adjust honey to balance the acidity to your taste.
> - For extra crunch, add toasted pine nuts just before serving.