

Plate Dream

Cucumber Caprese Salad – Easy Healthy Recipe

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Italian** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 3 ripe tomatoes, sliced or wedged
- [ ] 8 oz fresh mozzarella, sliced
- [ ] 1 handful fresh basil leaves, torn

Vinaigrette

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp honey
- [ ] Pinch sea salt
- [ ] Freshly ground black pepper, to taste

Instructions

1. Wash and dry the cucumbers and tomatoes; slice the cucumbers into half-rounds and the tomatoes into bite-size wedges.
2. In a small bowl, whisk together olive oil, lemon juice, honey, sea salt, and pepper to create a smooth vinaigrette.
3. Arrange cucumber slices on a serving platter, then layer tomato wedges and mozzarella slices alternately.
4. Scatter torn basil leaves over the top, drizzle the vinaigrette evenly, and finish with a light sprinkle of sea salt.
5. Serve immediately, or let sit for up to 15 minutes for the flavors to meld. Enjoy!

Nutrition per serving

210 kcal	9 g	8 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat cucumber slices dry to prevent excess moisture.
- Use a light hand with the vinaigrette; you can always add more.
- For extra brightness, add a pinch of zest from the lemon used in the dressing.