Plate Dream

Cucumber Salad – Fresh Build-Your-Own Recipe

Refreshingly simple cucumber salad with a build-your-own topping bar—perfect for a quick, healthy meal.

15 min	15 min	4	Easy	Mediterranean	Salad
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Base Salad

- [ ] 4 medium cucumbers, thinly sliced into ribbons
- [ ] 1/2 cup rice vinegar
- [ ] 1 tbsp honey or agave syrup
- [ ] 1 tsp lemon juice
- [ ] 1/2 tsp sea salt
- [ ] 1/4 tsp freshly ground black pepper

Optional Toppings

- [ ] 2 tbsp fresh dill, chopped
- [ ] 2 tbsp toasted sesame seeds
- [ ] 1/4 cup crumbled feta cheese
- [ ] 1 small red onion, thinly sliced
- [ ] 1 jalapeño, thinly sliced (optional for heat)

Instructions

1. Wash the cucumbers, trim the ends, and slice them into thin ribbons using a mandoline or a sharp knife.
2. Place the cucumber ribbons in a large bowl, sprinkle with sea salt, and let sit for 5 minutes to draw out excess moisture.
3. In a small bowl, whisk together rice vinegar, honey, lemon juice, black pepper, and a pinch more salt if needed.
4. Pat the cucumbers dry with a clean kitchen towel, then pour the dressing over them and toss gently.
5. Add your chosen toppings—herbs, sesame seeds, feta, onion, or jalapeño—just before serving and give a final gentle toss.

Nutrition per serving

120 kcal	4 g	12 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter profile, increase honey by 1 tsp.
- For extra crunch, add sliced radishes or carrots alongside cucumbers.
- Feel free to swap rice vinegar for apple cider vinegar for a different tang.