Plate Dream

Cucumber Tomato Salad

Fresh cucumber and tomato tossed in a zesty vinaigrette, ideal for a healthy snack or side.

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, sliced into half-moons
- [ ] 3 ripe tomatoes, cut into wedges
- [ ] 1/4 red onion, thinly sliced (optional)
- [ ] 2 tbsp fresh dill or mint, chopped

Vinaigrette

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 1 tsp honey (optional)
- [ ] Salt and cracked black pepper to taste

Instructions

1. Wash all vegetables; pat dry. Slice cucumbers and tomatoes, then place in a large mixing bowl.
2. If using red onion, rinse the slices in cold water for 1 minute, then drain.
3. In a small bowl, whisk together olive oil, lemon juice, honey, salt, and pepper until emulsified.
4. Pour the vinaigrette over the vegetables, add chopped herbs, and toss gently until evenly coated.
5. Taste and adjust seasoning, then let the salad sit for 5 minutes before serving.

Nutrition per serving

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

Tips & notes

- If the cucumbers seem watery, sprinkle with a pinch of salt and let sit 5 minutes, then pat dry.
- For extra brightness, add a splash of rice-vinegar.
- A handful of toasted pine nuts adds a pleasant crunch.