

Plate Dream

Refreshing Cucumber Tomato Salad

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 3 ripe tomatoes, cut into wedges
- [ ] ½ red onion, thinly sliced (optional)
- [ ] 2 tbsp fresh dill or mint, chopped

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] ½ tsp sea salt
- [ ] ¼ tsp freshly ground black pepper
- [ ] ½ tsp sugar (optional, to balance acidity)

Instructions

1. Wash and dry the cucumbers and tomatoes. Slice the cucumbers into half-moon pieces and the tomatoes into wedges.
2. In a large bowl, combine the cucumber, tomato, and red onion. Sprinkle the chopped herbs over the top.
3. In a small cup, whisk together olive oil, lemon juice, salt, pepper, and sugar until emulsified.
4. Drizzle the dressing over the vegetables, toss gently, and let the salad rest for five minutes before serving.
5. Taste and adjust seasoning if needed; serve chilled or at room temperature.

Nutrition per serving

120 kcal	3 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 5 minutes, then pat dry.
- For a sweeter twist, add a handful of diced watermelon or orange segments.
- A dash of smoked paprika on top adds a subtle smoky aroma without overpowering the freshness.