

Plate Dream

Simple Italian Salad – Easy Side Dish

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

Ingredients

Main Ingredients

- [ ] 2 cups cherry tomatoes, halved
- [ ] 1 large cucumber, sliced thin
- [ ] 1 cup arugula or mixed greens
- [ ] ¼ cup fresh basil leaves, torn
- [ ] ¼ cup extra-virgin olive oil
- [ ] 2 tbsp lemon juice
- [ ] 1 tbsp red wine vinegar
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Gather all vegetables, wash them gently, and pat dry. Slice cucumber and halve the tomatoes.
2. In a small bowl, whisk together olive oil, lemon juice, red wine vinegar, a pinch of salt and pepper. Let the dressing sit for a minute.
3. Place arugula, cucumber, and tomatoes in a large salad bowl. Drizzle the vinaigrette over the top.
4. Toss gently, then sprinkle torn basil leaves and adjust seasoning if needed.
5. Serve immediately, or let it rest for a few minutes to let flavors mingle.

Nutrition per serving

120 kcal	2 g	7 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad sits too long, add a splash more olive oil to revive the shine.
- For a sweeter note, add a handful of thinly sliced red onion.
- A pinch of sugar can balance excess acidity.