

Plate Dream

Tomato Cucumber Feta Salad – Fresh Healthy Meal

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

Ingredients

Main Ingredients

- [ ] 3 large ripe tomatoes, sliced
- [ ] 1 large cucumber, halved and sliced
- [ ] 150g feta cheese, crumbled
- [ ] 1/4 red onion, thinly sliced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh dill or oregano, chopped (optional)

Instructions

1. Wash and dry the tomatoes and cucumber. Slice the tomatoes into wedges and the cucumber into half-moon pieces.
2. Place the sliced vegetables in a large bowl, add the thinly sliced red onion, and gently toss.
3. In a small bowl, whisk together olive oil, lemon juice, honey, a pinch of salt, and pepper until emulsified.
4. Drizzle the vinaigrette over the vegetables, toss lightly, then sprinkle the crumbled feta on top.
5. Finish with a scattering of fresh dill or oregano, give a final gentle toss, and serve immediately.

Nutrition per serving

210 kcal	7 g	8 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat cucumber slices dry to avoid a watery salad.
- If using larger tomatoes, consider deseeding them for a cleaner texture.
- For a sweeter note, add a few cherry tomatoes cut in half.