

Plate Dream

Tomato Cucumber Onion Salad

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

Ingredients

Salad Base

- [ ] 2 large ripe tomatoes, diced
- [ ] 1 large cucumber, thinly sliced
- [ ] ½ red onion, thinly sliced
- [ ] ¼ cup fresh basil leaves, torn

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] ½ tsp sea salt
- [ ] ¼ tsp cracked black pepper

Instructions

1. Wash all vegetables. Dice the tomatoes, slice the cucumber into half-moons, and thinly slice the red onion.
2. In a small bowl, whisk together olive oil, lemon juice, sea salt, and black pepper until emulsified.
3. Combine the tomatoes, cucumber, onion, and basil in a large salad bowl; drizzle the vinaigrette over the top.
4. Toss gently to coat all pieces evenly. Taste and adjust seasoning if needed.
5. Serve immediately, or let sit for 10 minutes for the flavors to meld. Enjoy alongside grilled fish or as a light lunch.

Nutrition per serving

150 kcal	3 g	12 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a milder onion flavor, soak the sliced onion in cold water for 5 minutes, then drain.
- A pinch of sugar can balance excessive acidity for those who like a touch of sweetness.
- For a heartier version, add sliced avocado; see our avocado salad suggestion.