

Plate Dream

Tomato Cucumber Salad – Fresh Easy Recipe

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

Ingredients

Main Ingredients

- [ ] 3 large ripe tomatoes, wedged
- [ ] 2 cucumbers, sliced into half-moons
- [ ] 1/4 red onion, thinly sliced (optional)
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp red wine vinegar
- [ ] 1 tsp honey
- [ ] Juice of 1/2 lemon
- [ ] Salt and freshly ground black pepper to taste
- [ ] Fresh basil leaves, torn

Instructions

1. Wash the tomatoes and cucumbers; pat dry. Slice the tomatoes into wedges and cut the cucumbers into half-moons.
2. In a small bowl, whisk together olive oil, red wine vinegar, honey, lemon juice, salt, and pepper until emulsified.
3. Place the sliced vegetables in a large bowl, add the red onion if using, then drizzle the vinaigrette over them.
4. Toss gently to coat, ensuring each piece glistens. Finish with torn basil leaves and a final pinch of salt.
5. Serve immediately, or let sit for ten minutes for flavors to meld. For more inspiration, see this cucumber mix.

Nutrition per serving

120 kcal	2 g	10 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad feels a bit acidic, add a splash more honey.
- For extra crunch, sprinkle toasted pine nuts just before serving.
- Adjust the lemon juice to taste; a little more brightens the cucumber.