



# Refreshing Cucumber Avocado Summer Salad

## Cool Bites on a Hot Day

The first time I tried this salad, it was 90 degrees outside. My neighbor brought it over, crisp and cool. The cucumbers snapped, the avocado melted, and the dill smelled like summer. **Ever wondered how a few fresh ingredients can beat the heat so perfectly?** Now I make it weekly. It's my go-to when the sun won't quit. Share your favorite hot-weather dish below!

## My Salad Slip-Up

I once added the avocado too early. It turned mushy before guests arrived. Lesson learned: timing matters. **Home cooking teaches**

**patience, like waiting to toss in the creamy slices last.** Now I prep everything ahead but assemble last-minute. The crunch stays, the flavors pop. What's your biggest kitchen oops?

## Why It Works

– The lemon juice brightens the rich avocado. – Feta adds salty bites against the cool cukes. **Which flavor combo surprises you most?** Try it with mint instead of dill for a twist.

## A Salad with Roots

This dish nods to Mediterranean flavors—think Greek salads with feta, Persian cukes. \*Did you know avocados weren't common there until lately?\* Now they're a creamy upgrade. Simple, fresh, no cooking needed. Would you try adding olives? Comment your tweaks!





## Refreshing Cucumber Avocado Summer Salad

## Ingredients:

| Ingredient        | Amount                               | Notes                      |
|-------------------|--------------------------------------|----------------------------|
| Persian cucumbers | 1 pound (4 cups or 6 mini cucumbers) | Sliced                     |
| Avocados          | 2 large                              | Pitted, peeled, and sliced |
| Red onion         | 1/4 cup                              | Chopped                    |
| Lemon juice       | 3 Tablespoons                        |                            |
| Olive oil         | 2 Tablespoons                        |                            |
| Sea salt          | 1 teaspoon                           |                            |
| Pepper            | 1/8 teaspoon                         |                            |
| Feta cheese       | 1/4 cup                              |                            |
| Fresh dill        | 3 Tablespoons                        | Chopped                    |

## How to Make Refreshing Cucumber Avocado Summer Salad

**Step 1** Slice 1 pound of Persian cucumbers into thin rounds. Chop 1/4 cup red onion finely. Place both in a medium serving dish. Keep the cucumbers crisp by chilling them first.

See also Zesty Street Corn Roasted Potato Salad

**Step 2** Whisk 3 Tablespoons lemon juice, 2 Tablespoons olive oil, 1 teaspoon salt, and 1/8 teaspoon pepper. Pour the dressing over the cucumbers and onions. Toss gently to coat. (Hard-learned tip: Add dressing just before serving to avoid soggy veggies.) **Step 3** Dice 2 avocados and add them to the salad. Sprinkle 1/4 cup feta cheese and 3 Tablespoons fresh dill on top. Toss lightly to mix. Serve immediately for

the best texture. **What's the best way to keep avocados from browning? Share below! Cook Time:** 0 minutes **Total Time:** 10 minutes **Yield:** 4 servings **Category:** Salad, Lunch

## 3 Fun Twists on This Salad

**Spicy kick:** Add a pinch of red pepper flakes or diced jalapeños.

**Protein boost:** Toss in grilled chicken or chickpeas for extra heft.

**Summer sweet:** Mix in diced watermelon or mango for a fruity twist.

**Which twist would you try first? Vote in the comments!**

## Serving Ideas & Pairings

Serve this salad with grilled fish or crusty bread. Top with extra dill or toasted nuts for crunch. Pair with iced green tea or a crisp white wine.

**Which would you choose tonight? Let me know!**



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### Keep It Fresh

This salad shines when served right away. But leftovers keep in the fridge for a day. The avocados may brown, but a squeeze of lemon helps. Skip freezing—it turns the veggies mushy. \*Fun fact: Persian cukes stay crunchier than regular ones.\* Want to prep ahead? Store dressing and chopped veggies separately. Mix just before eating. Why this matters: Freshness equals flavor here. Batch-cooking? Double the dressing for next time. Ever tried adding mint instead of dill? Tell me your twist below!

See also Southern Tomato Cracker Salad Delight

### Quick Fixes

Salad too watery? Salt cucumbers first, then pat dry. Onion too sharp? Soak slices in cold water for 5 minutes. Avocados turning brown? Toss them in lemon juice right after cutting. These small steps make a big difference. My neighbor swears by adding a pinch of sugar to balance flavors. Why this matters: Little tweaks save time and waste. Got a kitchen hack for creamy dressings? Share it with us!

### Your Questions, Answered

**Q: Can I make this gluten-free?** A: Yes! All ingredients are naturally gluten-free. Just check your feta label. **Q: How early can I assemble this?** A: Add avocados and dressing at the last minute. Prep the rest 2 hours ahead. **Q: No feta? What can I swap?** A: Try goat cheese or skip it. Toasted nuts add crunch too. **Q: Can I serve this as a main?** A: Yes! Add grilled chicken or chickpeas for protein. **Q: How do I double this for a crowd?** A: Use equal parts dressing to veggies.

Taste and adjust salt.

## Your Turn

This salad is my go-to for lazy summer lunches. It's cool, creamy, and oh-so-easy. **Tag @SavoryDiscovery on Pinterest if you try it!** Did you tweak the recipe? I'd love to hear. Happy cooking! —Elowen Thorn



*Yummy!*

# REFRESHING CUCUMBER AVOCADO SUMMER SALAD



## Refreshing Cucumber Avocado Summer Salad





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# Refreshing Cucumber Avocado Summer Salad

Author: Elowen Thorn





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Cooking Method: [No-Cook](#)



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Difficulty: **Beginner**





## Refreshing Cucumber Avocado Summer Salad | 17

Prep time: **10 minutes**



## Refreshing Cucumber Avocado Summer Salad | 18

Cook time: **minutes**



## Refreshing Cucumber Avocado Summer Salad | 19

Rest time:



## Refreshing Cucumber Avocado Summer Salad | 20

Total time: **10 minutes**





## Refreshing Cucumber Avocado Summer Salad | 21

Servings: **servings**



## Refreshing Cucumber Avocado Summer Salad | 22

Calories: **kcal**



Best Season: **Summer**

## **Description**

Experience the refreshing crunch of cucumbers paired with creamy

avocado in this summer salad.

See also Mexican Street Corn Pasta Salad

## Ingredients

- ☐ 1 pound Persian cucumbers, sliced (4 cups or 6 mini cucumbers)
- ☐ 2 large avocados, pitted, peeled and sliced
- ☐ 1/4 cup red onion, chopped
- ☐ 3 Tablespoons lemon juice
- ☐ 2 Tablespoons olive oil
- ☐ 1 teaspoon sea salt
- ☐ 1/8 teaspoon pepper
- ☐ 1/4 cup feta cheese
- ☐ 3 Tablespoons fresh dill, chopped

## Instructions

1. In a medium serving dish add 1 pound sliced cucumber and 1/4 cup chopped red onion.
2. In a small bowl, whisk together 2 Tablespoons lemon juice, 2 Tablespoons olive oil, 1 teaspoon salt and 1/8 teaspoon pepper.
3. Drizzle dressing over the top of the salad and toss. Add 2 diced avocados, 1/4 cup feta cheese and 2 Tablespoons chopped dill just before serving.

## Notes

For best results, serve immediately to maintain the freshness and texture of the ingredients.

Keywords: Cucumber, Avocado, Salad, Summer, Refreshing