



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!



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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!

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Refreshing Cucumber Avocado Summer Salad





Refreshing Cucumber Avocado Summer Salad | 11

[Print Recipe](#)

Refreshing Cucumber Avocado Summer Salad

Author: Elowen Thorn

Cooking Method:[No-Cook](#)



Refreshing Cucumber Avocado Summer Salad | 14

Cuisine: [Mediterranean](#)



Refreshing Cucumber Avocado Summer Salad | 15

Courses:[Lunch](#) [Side](#)

Difficulty: **Beginner**

Prep time: **10 minutes**



Refreshing Cucumber Avocado Summer Salad | 18

Cook time: **minutes**

Rest time:



Refreshing Cucumber Avocado Summer Salad | 20

Total time: **10 minutes**

Servings: **servings**

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