



# Refreshing Cucumber Tomato Salad Recipe

## Summer on a Plate

The first time I tasted this salad, it was at a backyard picnic. The crunch of cucumber, the burst of tomato—pure joy. A breeze carried the scent of basil, and I knew I needed the recipe. **Ever wondered how a few fresh ingredients can taste like sunshine?** This dish proves simple food can be magic.

It's my go-to when the heat makes cooking feel impossible. Just chop, toss, and let the flavors dance. No oven, no fuss. Perfect for lazy afternoons or last-minute guests. What's your favorite no-cook summer dish?

## My First Salad Fumble

I once made this salad for a potluck, rushing like a tornado. Forgot the honey, doubled the vinegar—oops. The first bite made my lips pucker! But my friends still ate it all. **Cooking isn't about perfection; it's about sharing.**

That day taught me to taste as I go. Now I keep extra feta on hand to balance mistakes. Home cooking connects us, flaws and all. Have you ever salvaged a kitchen mishap?

## Why It Works

- The crisp cucumber and juicy tomato play off each other like old friends.
- The honey softens the vinegar's bite, creating a sweet-tangy hug.

**Which flavor combo surprises you most?** Is it the basil-feta duo or the onion's peppery kick? Try tweaking the herbs—mint works wonders too.

## A Salad with Roots

This dish nods to Greek horiatiki, a farmer's salad born in sunny villages. Tomatoes and cucumbers thrive in Mediterranean heat, making them staple ingredients. \*Did you know feta was first made over 6,000 years ago?\*

Today, versions of this salad span the globe. It's proof that good food needs no passport. Share your twist—I'd love to hear it!

See also Viral Pistachio Kunafa Sandwich



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## Ingredients:

Ingredient	Amount	Notes
English cucumber	1 large (or 2 medium)	Diced
Cherry tomatoes	1 pint	Halved (or 3 medium tomatoes, diced)
Red onion	1/2 small	Thinly sliced
Fresh parsley	1/4 cup	Chopped
Fresh basil	1/4 cup	Chopped
Olive oil	1/4 cup	
Red wine vinegar	2 tablespoons	

Ingredient	Amount	Notes
Lemon juice	1 tablespoon	
Honey (or sugar)	1 teaspoon	
Salt	1/2 teaspoon	Or to taste
Black pepper	1/4 teaspoon	
Dried oregano	1/2 teaspoon	
Feta cheese	4 ounces	Crumpled (optional)

## How to Make Cucumber Tomato Salad

### Step 1

Chop the cucumber, tomatoes, and red onion. Toss them in a big bowl. Add parsley and basil for fresh flavor. Keep pieces bite-sized for easy eating.

### Step 2

Whisk oil, vinegar, lemon juice, and honey in a small bowl. Add salt, pepper, and oregano. Taste as you go—adjust if needed. \*(Hard-learned tip: Use local honey for extra flavor!)\*

### Step 3

Pour dressing over the veggies. Mix gently so everything gets coated. Add feta now if you like it creamy. Let it sit 10 minutes.

### Step 4

Serve chilled or at room temp. Store leftovers in the fridge up to 2 days. The flavors get better as they mingle.

**What's your go-to summer salad ingredient? Share below!**

**Cook Time:** 15 minutes

**Total Time:** 25 minutes

**Yield:** 4 servings

**Category:** Lunch, Side Dish

## Mix It Up Your Way

**Spicy Kick** Add jalapeños or red pepper flakes for heat.

**Protein Boost** Toss in chickpeas or grilled chicken for staying power.

**Fruit Twist** Swap tomatoes for diced watermelon or peaches.

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

## Serving & Sipping Ideas

Pair this salad with grilled fish or crusty bread. Top with extra basil for a pop of color.

See also [Delicious Homemade Margherita Pizza Recipe](#)

Drink it with iced herbal tea or a crisp white wine. Both keep things light and fresh.

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



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## Storage Tips

This salad stays fresh in the fridge for up to 2 days. Keep it in an airtight container. The veggies soften over time, so eat it quick for best crunch. Freezing? Don't. It turns soggy. \*Fun fact: Adding feta last keeps it from getting mushy.\* Batch-cook the dressing ahead. Toss with veggies just before serving.

Why this matters: Prepping parts separately saves time without sacrificing flavor. Ever tried doubling the recipe for a crowd? Share your tricks below!

## Common Troubleshooting

Too watery? Salt cucumbers first, then drain excess liquid. Onion too sharp? Soak slices in cold water for 5 minutes. Dressing too tart? Add a pinch more honey. These small tweaks make big differences.

Why this matters: Little fixes keep the salad balanced and crowd-pleasing. Did you run into other issues? Tell us how you solved them!

## Your Questions Answered

**Can I make this gluten-free?** Yes! All ingredients are naturally gluten-free. Just check labels on pre-crumbled feta.

**How far ahead can I prep it?** Mix veggies and dressing up to 4 hours early. Add feta right before serving.

**Any herb swaps?** Try mint or dill instead of basil. Both add a fresh twist.

**Can I use apple cider vinegar?** Sure! It's sweeter, so reduce honey by half.

**How to serve 20 people?** Triple the recipe. Use a big serving bowl for easy mixing.

## Final Thoughts

This salad is my go-to for summer potlucks. Last week, my neighbor asked for the recipe after one bite! **Tag Savory Discovery on Pinterest if you try it.** I'd love to see your creations. Happy cooking!

See also [Sausage Potato Casserole](#)



—Elowen Thorn