

Helergon Kitchen

Cucumber and Tomato Salad – Fresh Quick & Simple Recipe

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 3 ripe tomatoes, wedges
- [ ] 1/4 red onion, thinly sliced
- [ ] 2 tbsp fresh basil, torn

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 1/2 tsp sea salt
- [ ] 1/4 tsp freshly ground black pepper

Instructions

1. Wash the cucumbers and tomatoes; pat dry. Slice cucumbers into half-rounds and wedge the tomatoes.
2. Place the sliced cucumber, tomato wedges, and red onion in a large bowl.
3. In a small bowl, whisk together olive oil, lemon juice, sea salt, and black pepper until emulsified.
4. Drizzle the dressing over the vegetables, toss gently to coat evenly.
5. Finish with torn basil leaves, give one last gentle toss, and serve immediately.

Nutrition per serving

120 kcal	3 g	8 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cucumbers release water, sprinkle a pinch of salt and let sit 5 minutes, then drain.
- Adjust lemon juice to taste; a little extra brightens the salad.
- For added depth, stir in a teaspoon of honey (optional).