Bite Spoon

Cucumber Salad – Build Your Own Fresh Snack

Build-your-own cucumber salad with fresh crunch and bright flavors.

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1/4 red onion, thinly sliced
- [ ] 1/2 cup cherry tomatoes, halved
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 tbsp fresh mint leaves, torn

Dressing

- [ ] 3 tbsp apple cider vinegar
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1/2 tsp sea salt
- [ ] Pinch of black pepper

Instructions

1. Wash cucumbers, slice them thinly using a mandoline or sharp knife; place in a colander and sprinkle with a pinch of salt, letting them sit 5 minutes.
2. Meanwhile, whisk together vinegar, lemon juice, honey, olive oil, salt, and pepper in a bowl; taste and adjust sweetness if needed.
3. Pat cucumbers dry, then combine with sliced red onion, cherry tomatoes, and herbs in a large bowl.
4. Pour the dressing over the vegetables, toss gently until everything is evenly coated.
5. Serve immediately, or chill for 10 minutes; garnish with an extra sprinkle of dill and a drizzle of olive oil.

Nutrition per serving

80 kcal	2 g	9 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer less bite, soak the onion slices in cold water for 5 minutes, then drain.
- Add a splash of sparkling water to the dressing for a subtle fizz.
- For a richer flavor, let the dressed salad rest 15 minutes before serving.