

Classic Marinated Cucumber, Tomato & Onion Salad - A Fresh Summer Staple

Classic Marinated Cucumber, Tomato, and Onion Salad



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INGREDIENTS

- 2 large cucumbers, thinly sliced
- 3 medium tomatoes, cut into wedges or thick slices
- 1 medium red onion, thinly sliced
- 1/4 cup white vinegar (or apple cider vinegar)
- 3 tbsp olive oil
- 1 tbsp granulated sugar (optional, for a touch of sweetness)
- 1 tsp salt
- 1/2 tsp black pepper
- 1 tsp dried oregano (or Italian seasoning)
- 1/4 cup fresh parsley, chopped (optional)

Ingredient Swaps & Notes:

No red onion? Use shallots or sweet onion for a milder flavor.

Vinegar options: White wine vinegar or rice vinegar can also work.

Add-ins: Toss in olives, feta, or avocado for a Mediterranean twist.

Make it spicy: Add a pinch of chili flakes or a dash of hot sauce to the vinaigrette.

Step-by-Step Instructions:

1. Prepare the Vegetables:
2. Make the Marinade:

Vinegar

Olive oil

Sugar (if using)

Salt

Pepper

Oregano

3. Combine and Toss:

4. Marinate:

5. Serve:

Tips for Success:

Use ripe but firm tomatoes to avoid excess juice.

Thinly slice onions to keep their bite subtle.

Marinate overnight for best flavor (but it's still great after just an hour).

Serve cold for the most refreshing experience.

Serving Suggestions & Pairings:

Grilled chicken, fish, or steak

Tangy Chicken Salad for a light lunch combo

DIRECTIONS

1. Prepare the Vegetables: Slice cucumbers, tomatoes, and red onions. Place them in a large mixing bowl.
2. Make the Marinade: In a small bowl or measuring cup, whisk together:
 3. Vinegar
 4. Olive oil
 5. Sugar (if using)
 6. Salt
 7. Pepper
 8. Oregano
9. Taste and adjust seasoning as needed.
10. Combine and Toss: Pour the vinaigrette over the sliced vegetables. Toss thoroughly to ensure everything is evenly coated.
11. Marinate: Cover the bowl and refrigerate for at least 1 hour, ideally longer. The flavors deepen the longer they sit.
12. Serve: Before serving, toss again and garnish with fresh parsley if desired. Serve chilled or at room temperature.
13. Tips for Success: Use ripe but firm tomatoes to avoid excess juice.
14. Thinly slice onions to keep their bite subtle.
15. Marinate overnight for best flavor (but it's still great after just an hour).
16. Serve cold for the most refreshing experience.
17. Serving Suggestions & Pairings: This salad shines next to:
 18. Grilled chicken, fish, or steak

19. Tangy : Chicken Salad for a light lunch combo
20. Baked : Brie Appetizer for an upscale starter
21. Blueberry : Lemonade to keep things fresh and seasonal
22. A slice of crusty bread or pita to soak up the marinade
23. Storage & Leftovers: Fridge: Store in an airtight container for up to 3 days.
24. Make-ahead: Perfect to prep the night before-just toss again before serving.
25. Tip: If using delicate herbs like parsley, add them just before serving to keep them fresh.

SWAPS & NOTES

Use shallots or sweet onion for a milder flavor.

Vinegar options: White wine vinegar or rice vinegar can also work.

Add-ins: Toss in olives, feta, or avocado for a Mediterranean twist.

Make it spicy: Add a pinch of chili flakes or a dash of hot sauce to the vinaigrette.

TIPS FOR SUCCESS

Use ripe but firm tomatoes to avoid excess juice.

Thinly slice onions to keep their bite subtle.

Marinate overnight for best flavor (but it's still great after just an hour).

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