

## Chilled Sweet Pepper Cucumber Salad - Refreshing, Light, and Tangy

Sweet Pepper Cucumber Salad ???



**TIME**  
**20 min**

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**ChefManiac**

### INGREDIENTS

- 4 large cucumbers, peeled and thinly sliced ?
  - 2 large sweet peppers, seeded and thinly sliced (any color works) ?
  - $\frac{1}{2}$  cup plain Greek yogurt
  - 1 tbsp lemon juice ?
  - 1 tbsp olive oil
  - 1 tsp Dijon mustard
  - $\frac{1}{2}$  tsp salt ?
  - ... tsp black pepper
  - ... cup chopped fresh dill
  - ... cup crumbled feta cheese (optional) ?
- ? Swaps and Add-Ons:

No yogurt? Use sour cream or a plant-based yogurt for dairy-free.

Amp up crunch: Add thinly sliced red onion or radishes.

Go sweet: Mix in a few halved cherry tomatoes or diced apples.

Feta-free? Try crumbled goat cheese or leave it out entirely for a lighter version.

??? Instructions:

Combine veggies: In a large bowl, add sliced cucumbers and sweet peppers.

Make the dressing: In a small bowl, whisk together Greek yogurt, lemon juice, olive oil, Dijon mustard, salt, and pepper until smooth.

Toss the salad: Pour the yogurt dressing over the veggies. Toss until evenly coated.

Finish with herbs & cheese: Sprinkle chopped dill over the salad. Add crumbled feta if using.

Chill & serve: Refrigerate for at least 15-20 minutes before serving. Garnish with extra dill if desired.

? Tips for Success:

Slice thin for max crunch and flavor absorption.

Chill before serving for the most refreshing experience.

Use fresh dill-dried just doesn't hit the same.

Make ahead and hold the feta until just before serving to keep it crisp.

? Serving Suggestions & Pairings:

Grilled chicken, salmon, or kebabs

A Light Tangy Chicken Salad for a full salad spread

Blueberry Lemonade to keep things cool

Walking Taco Bar for a crunchy side salad contrast

Sheet Pan Quesadillas for a bold-meets-bright dinner combo

? Storage & Leftovers:

Refrigerator: Store in an airtight container for up to 3 days.

Best when fresh, but still delicious slightly marinated by day two.

## DIRECTIONS

1. Combine veggies: In a large bowl, add sliced cucumbers and sweet peppers.
2. Make the dressing: In a small bowl, whisk together Greek yogurt, lemon juice, olive oil, Dijon mustard, salt, and pepper until smooth.
3. Toss the salad: Pour the yogurt dressing over the veggies. Toss until evenly coated.
4. Finish with herbs & cheese: Sprinkle chopped dill over the salad. Add crumbled feta if using.
5. Chill & serve: Refrigerate for at least 15-20 minutes before serving. Garnish with extra dill if desired.
6. ? Tips for Success: Slice thin for max crunch and flavor absorption.
7. Chill before serving for the most refreshing experience.
8. Use fresh dill-dried just doesn't hit the same.
9. Make ahead and hold the feta until just before serving to keep it crisp.
10. ? Serving Suggestions & Pairings: This salad is the perfect fresh addition to:
11. Grilled chicken, salmon, or kebabs
12. A Light : Tangy Chicken Salad for a full salad spread
13. Blueberry : Lemonade to keep things cool
14. Walking : Taco Bar for a crunchy side salad contrast
15. Sheet : Pan Quesadillas for a bold-meets-bright dinner combo
16. ? Storage & Leftovers: Refrigerator: Store in an airtight container for up to 3 days.
17. Best when fresh, but still delicious slightly marinated by day two.

18. Avoid freezing-cucumbers don't hold their texture.
19. ? More Fresh Recipes You'll Love: A Light Tangy Chicken Salad (No Mayo!)
20. Easy : Coconut Macaroons - a sweet finish
21. Blueberry : Lemonade - the summer sip you need
22. Final Thoughts: This Sweet Pepper Cucumber Salad is light, bright, and wonderfully simple. It brings summer's best produce to the forefront with a creamy, herbaceous twist that never feels heavy. Whether you're hosting a cookout, meal prepping, or just need something cooling and colorful, this salad delivers every time.
23. Tried it? Tag your remix-maybe with extra feta or fresh mint-and follow for more crisp, crowd-pleasing creations! ??

## TIPS FOR SUCCESS

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/chilled-sweet-pepper-cucumber-salad-refreshing-light-and-tangy/>