

Refreshing Cucumber Tomato Salad - The Perfect Summer Side

When the weather warms up, nothing hits quite like a cold, crunchy salad. This



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INGREDIENTS

... cup vegetable oil
... cup sugar
1 teaspoon salt (or to taste)
1 teaspoon freshly ground black pepper (or to taste)
3 cucumbers, peeled and sliced ...-inch thick
3 tomatoes, cut into wedges
Splash of vinegar (apple cider or white vinegar both work well)
Dash of crushed red pepper ? (optional for heat)
Optional: % onion, thinly sliced

DIRECTIONS

1. **Combine : Dressing Ingredients:** In a large bowl, whisk together the vegetable oil, sugar, vinegar, salt, black pepper, and crushed red pepper.
2. **Add the : Veggies:** Gently stir in the sliced cucumbers, tomato wedges, and optional onion.
3. **Mix : Well:** Make sure the vegetables are well-coated in the dressing.
4. **Chill:** Cover and refrigerate for at least 2 hours before serving to let the flavors meld.
5. **Serve : Cold:** Give it a quick stir before serving and enjoy the refreshing crunch!

SWAPS & NOTES

Vinegar Choices : Apple cider vinegar adds a hint of fruitiness, while white vinegar brings sharp brightness.

Sweetener Options : Substitute sugar with honey or agave if preferred.

Add-Ons : Crumbled feta, fresh dill, or mozzarella balls can take this salad to gourmet territory.

Make It a Meal : Toss in some cooked quinoa or chickpeas for a heartier version.

TIPS FOR SUCCESS

Slice Evenly : Uniform slices make for a better texture and more even flavor.

Use Ripe Tomatoes : Go for juicy, flavorful tomatoes-Roma or heirloom varieties work beautifully.

Let It Marinate : This salad is best after sitting in the fridge for a couple hours or even overnight.

