

Cucumber Tomato Feta Cheese Salad: The Ultimate Summer Side

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10 min

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INGREDIENTS

2 large English cucumbers or 5-6 Persian cucumbers, diced
1 pint cherry or grape tomatoes, halved
1/2 medium red onion, thinly sliced or finely diced
8 ounces feta cheese, crumbled or cubed
1/4 cup extra virgin olive oil
2 tablespoons red wine vinegar
1 clove garlic, minced
1 teaspoon dried oregano
Salt and freshly ground black pepper to taste
1/4 cup Kalamata olives, pitted (optional)
Fresh parsley or mint, chopped, for garnish (optional)

DIRECTIONS

1. Prepare the : Vegetables: Dice the cucumbers, halve the tomatoes, and thinly slice or dice the red onion. Place all the vegetables in a large salad bowl.
2. Make the : Dressing: In a small bowl, whisk together the extra virgin olive oil, red wine vinegar, minced garlic, dried oregano, salt, and black pepper.
3. Combine & : Toss: Pour the dressing over the vegetables in the large bowl. Add the feta cheese and the optional Kalamata olives. Toss everything gently to combine, ensuring the dressing coats all the ingredients.
4. Chill (Optional): For best results, let the salad chill in the refrigerator for at least 15-30 minutes to allow the flavors to meld together.
5. Serve: Just before serving, give the salad one final gentle toss. Garnish with fresh chopped parsley or mint, if desired.

SWAPS & NOTES

Cucumbers: English cucumbers are great because they have thin skin and fewer seeds, so you don't need to peel them.

Persian cucumbers also work wonderfully.

Tomatoes: Cherry or grape tomatoes are ideal as they hold their shape well, but any ripe, juicy tomato, chopped into bite-sized pieces, will be delicious.

Red Onion: For a milder onion flavor, soak the sliced red onion in a bowl of cold water for 10 minutes before adding it to the salad.

TIPS FOR SUCCESS

Chop Evenly: Cutting your cucumbers and tomatoes into similar, bite-sized pieces makes for a more appealing and easier-to-eat salad.

Go Easy on the Salt: Feta cheese is naturally salty, so start with a small amount of salt in the dressing and add more to taste at the end.

Fresh Ingredients are Key: Since this salad is so simple, the quality of your ingredients, especially the fresh vegetables, will make a big difference.

Add Dressing Just Before Serving: To keep the salad crisp, you can prepare the vegetables and the dressing separately and combine them right before serving.

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