

Easy and Refreshing Cucumber, Onion, and Tomato Salad

Cucumber, Onion, and Tomato Salad



TIME
30 min

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INGREDIENTS

3 medium tomatoes, sliced or chopped
3 medium cucumbers, sliced
1 medium onion, thinly sliced
For the Dressing: 1/4 cup olive oil
2 tablespoons white wine vinegar or apple cider vinegar
1 teaspoon granulated sugar (optional, to balance the acid)
1/2 teaspoon salt
1/4 teaspoon black pepper

DIRECTIONS

1. Prepare the : Vegetables: Wash and prepare the vegetables. Slice or chop the tomatoes, cucumbers, and thinly slice the onion. Place all the prepared vegetables in a large bowl.
2. Make the : Dressing: In a small bowl or a jar with a tight-fitting lid, whisk together the olive oil, white wine vinegar, sugar (if using), salt, and black pepper.
3. Combine and : Toss: Pour the dressing over the vegetables in the large bowl. Toss everything gently to ensure that the vegetables are evenly coated.
4. Chill (Optional but Recommended): For best results, cover the salad and refrigerate for at least 30 minutes, or even overnight. This allows the flavors to meld and the dressing to absorb into the vegetables.
5. Serve: Serve the salad chilled.

SWAPS & NOTES

Veggies: You can use any type of tomato you like here, from large beefsteak to smaller cherry tomatoes.

For the cucumbers, English or seedless cucumbers are great as they don't have a lot of seeds.

Onion: Red onion would also work beautifully and give the salad a pop of color and a sharper flavor.

Herbs: A sprinkle of fresh dill or parsley would be a lovely addition.

TIPS FOR SUCCESS

Let it Marinate: This salad truly shines after it has had a little time to sit.

Don't be afraid to make it ahead of time.

Cut Uniformly: Cutting the vegetables to a similar size and thickness ensures that every bite has a good mix of flavors.

Use Fresh Ingredients: The key to this salad is the freshness of the vegetables.

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