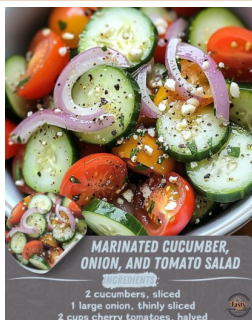


Easy Marinated Cucumber, Onion, and Tomato Salad: A Light and Zesty Delight

Refreshing Marinated Cucumber, Onion, and Tomato Salad



TIME
10 min

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INGREDIENTS

2 cucumbers, sliced (English cucumbers work best)

1 large onion, thinly sliced (red or white onion)

2 cups cherry tomatoes, halved

... cup olive oil

... cup vinegar (white or apple cider vinegar)

1 teaspoon sugar

Salt and pepper, to taste

Fresh parsley, for garnish

How to Make Marinated Cucumber, Onion, and Tomato Salad:

1. Prepare the Vegetables:

Slice the cucumbers into thin rounds. If using regular cucumbers, you may want to peel them first for a smoother texture.

Slice the onion thinly for a mild crunch.

Halve the cherry tomatoes for a juicy burst of flavor.

2. Make the Dressing:

3. Combine Everything:

In a large mixing bowl, add the cucumbers, onions, and tomatoes.

Pour the dressing over the vegetables and toss gently until everything is evenly coated.

4. Let It Chill:

5. Serve and Enjoy!:

Pro Tips for the Best Salad:

Use Seedless Cucumbers - English or Persian cucumbers are ideal since they have fewer seeds and a crunchier texture.

Soak Onions for a Milder Taste - If raw onions are too sharp for you, soak them in cold water for 10 minutes before adding them to the salad.

Let It Marinate Longer - The longer it sits, the better the flavors develop! If you can, let it chill for at least 2 hours.

Make It Creamy - Add a dollop of Greek yogurt or sour cream for a creamy variation.

Variations & Add-Ons:

Add Avocado ? - A creamy addition that pairs beautifully with the acidity of the dressing.

Sprinkle Feta Cheese ? - A salty, tangy twist that takes this salad to another level.

Toss in Chickpeas ? - For extra protein and texture.

Use Balsamic Vinegar ? - Adds depth and a touch of natural sweetness.

Mix in Fresh Herbs ? - Basil, dill, or cilantro can add a unique flavor.

What to Serve with This Salad:

FAQs:

Why You Need to Try This Salad:

DIRECTIONS

1. Prepare the Vegetables: Slice the cucumbers into thin rounds. If using regular cucumbers, you may want to peel them first for a smoother texture.
2. Slice the onion thinly for a mild crunch.
3. Halve the cherry tomatoes for a juicy burst of flavor.
4. Make the Dressing: In a small bowl, whisk together: Olive oil? Vinegar (white vinegar for a sharper taste, apple cider for a hint of sweetness)? Sugar? Salt & pepper to taste
5. This simple dressing enhances the natural flavors of the veggies while giving them a bright, tangy kick.
6. Combine Everything: In a large mixing bowl, add the cucumbers, onions, and tomatoes.
7. Pour the dressing over the vegetables and toss gently until everything is evenly coated.
8. Let It Chill: Cover the bowl and refrigerate for at least 30 minutes to let the flavors meld together. For an even more flavorful salad, marinate for 2 hours or overnight.
9. Serve and Enjoy!: Just before serving, garnish with fresh parsley for a pop of color and extra freshness.
10. Pro Tips for the Best Salad: Use Seedless Cucumbers - English or Persian cucumbers are ideal since they have fewer seeds and a crunchier texture.
11. Soak : Onions for a Milder Taste - If raw onions are too sharp for you, soak them in cold water for 10 minutes before adding them to the salad.
12. Let : It Marinate Longer - The longer it sits, the better the flavors develop! If you can, let it chill for at least 2 hours.

13. **Make : It Creamy** - Add a dollop of Greek yogurt or sour cream for a creamy variation.
14. **Variations & Add-Ons:** Want to switch things up? Here are some fun ways to customize this salad:
15. **Add : Avocado ?** - A creamy addition that pairs beautifully with the acidity of the dressing.
16. **Sprinkle : Feta Cheese ?** - A salty, tangy twist that takes this salad to another level.
17. **Toss in : Chickpeas ?** - For extra protein and texture.
18. **Use : Balsamic Vinegar ?** - Adds depth and a touch of natural sweetness.
19. **Mix in : Fresh Herbs ?** - Basil, dill, or cilantro can add a unique flavor.
20. **What to Serve with This Salad:** This versatile salad pairs well with many dishes! Try serving it alongside:
21. **? Grilled Chicken or Steak** - The fresh flavors complement smoky, grilled meats. **? Rice or Quinoa Bowls** - A great side to balance out hearty grains. **? Sandwiches & Wraps** - Perfect for picnics or light lunches. **? Seafood Dishes** - The tangy marinade enhances salmon, shrimp, or tilapia.
22. **FAQs: Q: Can I make this salad ahead of time?A: Yes!** This salad gets even better the longer it sits. Prepare it up to 24 hours in advance, but wait to add fresh herbs until just before serving.
23. **Q: How long does it last in the fridge?A: It stays fresh for up to 3 days** when stored in an airtight container. The cucumbers may soften slightly, but the flavors will be even more intense.
24. **Q: Can I use different types of vinegar?A: Absolutely!** White vinegar gives a sharp tang, while apple cider vinegar adds a touch of sweetness. Red wine vinegar or balsamic vinegar also work great.
25. **Q: Is this salad keto-friendly?A: Yes!** Simply omit the sugar, and you have a delicious low-carb, keto-friendly side dish.

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

Original recipe: <https://chefmaniac.com/easy-marinated-cucumber-onion-and-tomato-salad-a-light-and-zesty-delight/>