

Crisp Cucumber and Beetroot Salad with Fresh Herbs and Feta

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INGREDIENTS

2 medium cucumbers, thinly sliced
2 medium cooked beetroots, diced
1/2 red onion, thinly sliced
1/4 cup fresh parsley, chopped
1/4 cup fresh mint, chopped
1/4 cup olive oil
2 tablespoons apple cider vinegar
1 tablespoon Dijon mustard
Salt and pepper, to taste
Feta cheese, optional for topping
Lemon wedges, for serving

DIRECTIONS

1. In a large bowl, combine the thinly sliced cucumbers, diced cooked beetroots, and thinly sliced red onion.
2. Toss gently to distribute the ingredients evenly.
3. In a small bowl, whisk together the olive oil, apple cider vinegar, Dijon mustard, chopped parsley, chopped mint, salt, and pepper until well blended.
4. Pour the herb dressing over the cucumber and beetroot mixture.
5. Toss gently until all of the vegetables are coated in the dressing.
6. Transfer the salad to a serving platter or individual bowls.
7. Top with crumbled feta, if using.
8. Serve with lemon wedges on the side for an extra fresh squeeze just before eating.

SWAPS & NOTES

English cucumbers work especially well here because they have a tender skin and fewer seeds.

Pre-cooked beets make this recipe even quicker and easier.

Fresh mint gives the salad a cooling brightness, while parsley adds a more grounded herb flavor.

Feta is optional, but it adds a creamy, salty finish that pairs beautifully with the sweet beets.

TIPS FOR SUCCESS

One of the easiest ways to keep this salad tasting extra crisp is to slice the cucumbers thinly and evenly.

That gives you a lighter texture and helps the dressing coat everything more beautifully.

It is also a good idea to toss the salad gently, especially after adding the beets.

Since beets can stain the other ingredients, a soft hand helps keep the cucumbers and onions looking fresh while still blending the flavors well.

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