

Treasure Barrel

Cucumber Feta Salad with Lemon Greek Vinaigrette

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Greek** Cuisine	**Salad** Course

Ingredients

Salad

- [ ] 2 large English cucumbers, thinly sliced
- [ ] 1 cup feta cheese, crumbled
- [ ] 1/4 red onion, thinly sliced
- [ ] 2 tbsp fresh dill, chopped
- [ ] Salt and black pepper to taste

Lemon Greek Vinaigrette

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp dried oregano
- [ ] 1 tsp honey (optional)
- [ ] Pinch of sea salt

Instructions

1. Wash cucumbers, slice them thinly using a mandoline or sharp knife; place in a large bowl and pat dry.
2. In a small bowl, whisk together olive oil, lemon juice, oregano, honey (if using), and a pinch of salt until emulsified.
3. Add sliced red onion and fresh dill to the cucumber, then drizzle the vinaigrette over the mixture.
4. Gently toss to combine, then scatter crumbled feta on top, season with salt and pepper, and serve immediately.

Nutrition per serving

180 kcal	5 g	6 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad needs extra brightness, add a splash more lemon juice just before serving.
- For a richer texture, drizzle a tiny drizzle of extra-virgin olive oil over the feta.
- Feel free to add a handful of cherry tomatoes (see tomato salad) for color.