Treasure Barrel

Cucumber Salad – Build Your Own Fresh Recipe

Build-your-own cucumber salad with a tangy vinaigrette and optional toppings for endless variety.

10 min	10 min	4	Easy	Mediterranean	Salad
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Main Ingredients

- [ ] 4 medium cucumbers, thinly sliced
- [ ] 1/2 red onion, thinly sliced
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1/4 cup apple cider vinegar
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp honey
- [ ] Salt and freshly ground black pepper to taste

Optional Toppings

- [ ] 1/4 cup crumbled feta cheese
- [ ] 2 tbsp toasted pumpkin seeds
- [ ] 1 small avocado, diced
- [ ] 1 tsp smoked paprika

Instructions

1. Wash cucumbers, peel if you like, and slice them into thin rounds or ribbons; place in a colander.
2. Sprinkle the sliced cucumbers with a pinch of salt, toss gently, and let them sit for 5 minutes to draw out excess moisture.
3. In a bowl, whisk together apple cider vinegar, olive oil, lemon juice, honey, a pinch of salt, and pepper until emulsified.
4. Pat the cucumbers dry with a clean kitchen towel, then combine with red onion, dill, and the vinaigrette; toss lightly.
5. Add any optional toppings you love – feta, seeds, avocado – and give a final gentle toss before serving.

Nutrition per serving

120 kcal	3 g	10 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad seems watery, add a few more minutes of salting and pat dry again.
- Adjust honey to taste; you can omit it for a sharper vinaigrette.
- For a spicy kick, drizzle a little sriracha or toss with sliced jalapeños.