

Treasure Barrel

# Garden Salad: Fresh Summer Recipe

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| **15 min**<br>Prep time | **15 min**<br>Total time | **4**<br>Servings |
| **Easy**<br>Difficulty | **American**<br>Cuisine | |

## Ingredients

### Main Ingredients

- [ ] 2 cups mixed baby greens
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1 cup cucumber, thinly sliced
- [ ] ¼ cup red onion, thin ribbons
- [ ] 2 tbsp fresh basil, torn
- [ ] 2 tbsp fresh dill, chopped

### Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp freshly squeezed lemon juice
- [ ] 1 tsp honey (optional)
- [ ] ¼ tsp sea salt
- [ ] Pinch of black pepper

## Instructions

1. Wash all vegetables under cool water, then pat completely dry using a clean kitchen towel.
2. Place the mixed greens in a large bowl; drizzle half of the olive oil and a splash of lemon juice, then toss gently to coat.
3. Add the sliced cucumbers, halved tomatoes, and red onion ribbons, then scatter the torn basil and chopped dill over the top.
4. In a small jar, combine the remaining olive oil, lemon juice, honey, salt, and pepper; shake vigorously until emulsified.
5. Pour the dressing over the salad, toss lightly, and serve immediately for maximum crunch.

### Nutrition per serving

| 120 kcal | 3 g | 9 g | 8 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

### Tips & notes

- If the salad sits too long, add a second drizzle of olive oil to revive the shine.
- Taste the dressing before adding; adjust lemon or honey to suit your palate.
- For extra flavor, toast a handful of pine nuts and sprinkle atop just before serving.