

Treasure Barrel

Quick Cucumber Mozzarella Salad

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 8 oz fresh mozzarella, torn
- [ ] 1/4 red onion, thinly sliced (optional)
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp fresh lemon juice
- [ ] Salt and freshly cracked black pepper to taste
- [ ] Handful fresh basil leaves, torn

Dressing

- [ ] 1 tsp honey (optional for a touch of sweetness)
- [ ] Pinch of red pepper flakes for gentle heat

Instructions

1. Slice the cucumbers thinly; place them in a colander, sprinkle with a little salt, and let sit for 5 minutes.
2. Pat the cucumbers dry with paper towels, then transfer to a large bowl.
3. Add the torn mozzarella, red onion, and fresh basil to the bowl.
4. In a small cup, whisk together olive oil, lemon juice, honey, and red pepper flakes; drizzle over the salad and toss gently.
5. Season with salt and pepper, give one last light toss, and serve immediately.

Nutrition per serving

220 kcal	12 g	12 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter vinaigrette, increase honey by half a teaspoon.
- For extra crunch, add toasted pine nuts just before serving.
- Adjust lemon juice to your taste; a little goes a long way.