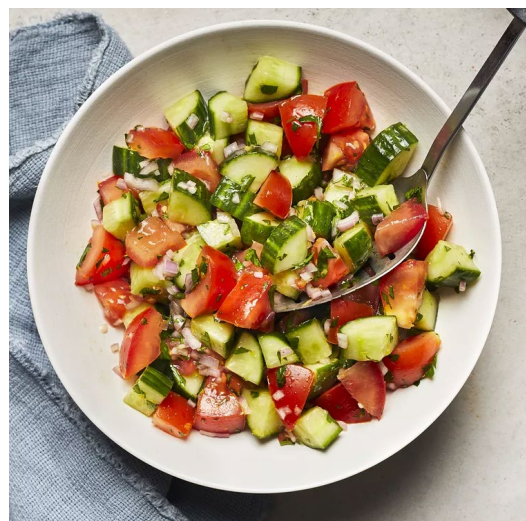


Tomato Cucumber Salad with Lemon Vinaigrette

Recipe of the month: July



This salad is light, hydrating, and full of flavor—perfect for a picnic, potluck, or a quick lunch on a hot day.

Quick facts

- Prep time: 10 minutes
- Serving size: 2-3 servings
- Calories: 120-150 per serving

Ingredients

- | | |
|---|---|
| <input type="checkbox"/> 2 cups cherry tomatoes, halved | <input type="checkbox"/> 1 tbsp chopped fresh cilantro (optional) |
| <input type="checkbox"/> 1 large cucumber, sliced | <input type="checkbox"/> Juice of 1 lemon |
| <input type="checkbox"/> 1/4 red onion, thinly sliced | <input type="checkbox"/> 2 tbsp olive oil |
| <input type="checkbox"/> 2 tbsp chopped fresh parsley | <input type="checkbox"/> Salt and pepper to taste |

Instructions

1. In a large bowl, combine the tomatoes, cucumber, red onion, parsley, and cilantro.
2. In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.
3. Pour the vinaigrette over the salad and toss gently to coat.
4. Chill for 10–15 minutes before serving for extra refreshment.

Bon Appetit!