

Cuke Mint Salad

Cool, crisp, and refreshing, this salad is a simple, nourishing dish. Hydrating cucumbers, zesty lemon, and fresh mint deliver vibrant flavor, while red onions add a subtle bite with anti-inflammatory benefits. A drizzle of olive oil ties it all together for a light and delicious bite. This salad is always a staple and gets better with time!

INGREDIENTS

2 medium English cucumbers, peeled and thinly sliced (about 6 cups)
1 small red onion, small dice (about 1/2 cup)
1/3 cup fresh mint leaves, rough chopped
1/3 cup extra virgin olive oil
2 large lemons, juiced
1 teaspoon salt, or more to taste

SERVES

6-8

TIME

🕒 5m

STEP 1

Peel and thinly slice cucumbers then add to a large bowl.

STEP 2

Dice the onion and add to the bowl.

STEP 3

Rough chop the mint and add to the bowl.

STEP 4

Then add olive oil, lemon juice and salt to bowl and mix well. Let sit for 15-20 minutes before serving so flavors marry.

SHOPPING LIST

2 medium English cucumbers
1 small red onion
1 bunch fresh mint
1 bottle extra virgin olive oil
2 large lemons
salt

EQUIPMENT

Large bowl
Mandolin (if you have)
Wooden spoons

STORAGE

Store in the fridge for 3-4 days