



Cucumber Tomato Salad | Easy Recipe You'll Make All Summer Long

If you're looking for a dish that's crisp, refreshing, and ready in under 15 minutes, a Cucumber Tomato Salad is exactly what your table needs. This classic combination of juicy tomatoes, cool cucumbers, and a tangy dressing has earned its place as one of the most searched-for warm-weather side dishes, and for good reason. It's light, endlessly customizable, and pairs with nearly everything from grilled chicken to a simple bowl of rice.

At **Devine Dishes**, we believe the best recipes are the ones that fit real life: minimal prep, pantry-friendly ingredients, and big flavor. This guide walks you through everything you need to know to make the best [Fresh Cucumber Tomato Salad](#) at home, along with variations, storage tips, nutritional information, and answers to the most common questions people ask about this dish. If you're looking for another healthy, protein-packed option, don't miss our [easy chickpea salad](#), a fresh and satisfying recipe that's perfect for lunches, meal prep, or serving alongside your favorite mains.

Why This Cucumber Tomato Salad Recipe Works

Before we get into the step-by-step instructions, it helps to understand why this particular combination of ingredients has stood the test of time.

- **Texture contrast:** Crisp cucumber against juicy, slightly soft tomato creates a satisfying bite every time.
- **Balanced acidity:** A simple vinaigrette made with vinegar or lemon juice and olive oil cuts through the richness of heavier main dishes.
- **Minimal cooking required:** This is a no-cook recipe, which makes it perfect for hot days or when you don't want to turn on the stove.
- **Naturally healthy:** Both cucumbers and tomatoes are low in calories, high in water content, and packed with vitamins.
- **Budget-friendly:** The ingredients are inexpensive and available year-round at most grocery stores.

This is precisely why an Easy Cucumber Tomato Salad has become a staple across so many households, whether served at backyard barbecues, weeknight dinners, or potlucks.

Ingredients You'll Need

Here's what goes into a Classic Cucumber Tomato Salad. Quantities are for four servings, but this recipe scales up or down easily.

- 3 medium cucumbers (English or Persian cucumbers work best), sliced or diced
- 4 medium tomatoes (Roma, vine, or cherry tomatoes), chopped or halved
- 1/2 small red onion, thinly sliced
- 1/4 cup fresh herbs (parsley, dill, or basil), chopped
- 3 tablespoons olive oil
- 2 tablespoons red wine vinegar or fresh lemon juice
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon black pepper
- Optional: crumbled feta cheese, kalamata olives, or a pinch of dried oregano

Choosing the Right Cucumbers and Tomatoes

For the best texture, English cucumbers or Persian cucumbers are ideal because they have fewer seeds and a thinner skin, which means less watery dilution in your dressing. If you only have regular slicing cucumbers on hand, peeling them and scooping out the seedy center will help.



When it comes to tomatoes, vine-ripened or Roma tomatoes offer the best balance of sweetness and firmness. Cherry or grape tomatoes are a great option if you prefer a slightly sweeter, bite-sized version of this dish.

Step-by-Step Instructions

Making a Simple Cucumber Tomato Salad doesn't require any special equipment or advanced cooking skills. Here's how to put it together:

1. **Prep the vegetables.** Wash the cucumbers and tomatoes thoroughly. Slice or dice the cucumbers into bite-sized pieces and chop the tomatoes into similarly sized chunks so every bite has a bit of both.
2. **Slice the onion.** Thinly slice the red onion. If you find raw onion too sharp, soak the slices in cold water for 10 minutes to mellow the flavor, then drain well.
3. **Make the dressing.** In a small bowl, whisk together the olive oil, vinegar or lemon juice, salt, and pepper until combined.
4. **Combine everything.** In a large mixing bowl, add the cucumbers, tomatoes, onion, and fresh herbs. Pour the dressing over the top and gently toss to coat.
5. **Let it rest.** Allow the salad to sit for 10 to 15 minutes before serving. This resting period lets the flavors meld, and the vegetables soak up the dressing.
6. **Serve and enjoy.** Give it one more toss just before serving, and add any optional toppings like feta or olives.

This method produces a dependable Homemade Cucumber Tomato Salad every time, with a bright, well-balanced flavor profile.

Tips for the Best Cucumber Tomato Salad

A few small adjustments can take this dish from good to unforgettable:

- **Salt the tomatoes first.** Lightly salting chopped tomatoes and letting them sit for five minutes draws out excess moisture, which keeps your salad from becoming watery.
- **Cut vegetables uniformly.** Consistent sizing means every forkful has the same ratio of cucumber to tomato.
- **Use fresh herbs, not dried.** Fresh dill, basil, or parsley add a brightness that dried herbs simply can't replicate.
- **Don't overdress.** Start with less dressing than you think you need. You can always add more, but a soggy salad is hard to fix.
- **Chill briefly before serving.** A quick 15-20 minute chill in the refrigerator enhances the refreshing quality of this dish, especially in warmer months.

Popular Variations of Cucumber Tomato Salad

One of the reasons this dish is so beloved is its versatility. Here are a few popular twists:



Greek-Style Cucumber Tomato Salad

Add crumbled feta cheese, kalamata olives, and a sprinkle of dried oregano for a Mediterranean-inspired version that pairs beautifully with grilled meats or pita bread.

Creamy Cucumber Tomato Salad

Swap the vinaigrette for a dollop of plain Greek yogurt or sour cream mixed with a touch of garlic and dill for a creamier, more indulgent variation.

Spicy Cucumber Tomato Salad

Add a diced jalapeño or a pinch of red pepper flakes to the dressing for a subtle kick that contrasts nicely with the cool cucumber.

Asian-Inspired Cucumber Tomato Salad

Replace the olive oil and vinegar with a mixture of rice vinegar, sesame oil, and a touch of soy sauce, then top with toasted sesame seeds.

Serving Suggestions

This salad is a flexible side dish that complements a wide variety of main courses. Consider pairing it with:

- Grilled chicken, steak, or fish
- Roasted or baked potatoes
- Warm pita bread and hummus
- Rice-based dishes like pilaf or biryani
- Sandwiches or wraps as a lighter side than chips

If you're building out a full spread of fresh, vegetable-forward sides, this salad pairs wonderfully with our [Spinach Egg Salad](#), which adds protein and leafy greens for a more filling combination.

Nutritional Benefits of Cucumber Tomato Salad

Beyond its refreshing taste, this salad offers genuine nutritional value:

- **Cucumbers** are roughly 95% water, making them naturally hydrating and low in calories while providing vitamin K and small amounts of vitamin C.
- **Tomatoes** are rich in lycopene, a powerful antioxidant, along with vitamin C and potassium.
- **Olive oil** contributes heart-healthy monounsaturated fats.
- **Fresh herbs** add micronutrients and flavor without extra calories or sodium.

A typical serving of this Cucumber Tomato Salad (without added cheese) contains approximately 90–120 calories, making it a smart addition to weight-conscious meal planning or a light lunch on its own. For another satisfying side dish option, you can also try the [best creamy potato salad](#), a comforting recipe that's perfect for family meals, picnics, and gatherings.

How to Store Cucumber Tomato Salad

Because this dish contains fresh, water-rich vegetables, storage matters:

- **Refrigeration:** Store in an airtight container in the refrigerator for up to 2 days.
- **Dressing separately:** If you plan to make it ahead of time, keep the dressing separate and combine just before serving to avoid a watery texture.
- **Avoid freezing:** Cucumbers and tomatoes do not freeze well; their texture becomes mushy once thawed.

- **Drain excess liquid:** If the salad has been sitting for a while, drain any accumulated liquid before serving again.

Common Mistakes to Avoid



Even a simple recipe like this one can go wrong in a few predictable ways:

- **Using watery tomatoes without draining them** leads to a diluted dressing.
- **Adding dressing too early** can make the vegetables soggy if the salad sits for hours before serving.
- **Skipping the resting period** means the flavors won't have time to develop.
- **Using dull knives** can bruise the tomatoes, releasing excess juice prematurely.

Final Thoughts

A well-made [Cucumber Tomato Salad](#) is proof that simple ingredients, when combined thoughtfully, can create something truly memorable. Whether you're making the Classic Cucumber Tomato Salad for a weeknight dinner or dressing it up Greek-style for a summer gathering, this dish delivers freshness, crunch, and flavor in every bite. If you enjoy fresh, colorful dishes, be sure to try this [easy vegetable salad recipe](#), another wholesome side that's perfect for everyday meals, potlucks, and summer gatherings.

Frequently Asked Questions(FAQs)

How long does cucumber tomato salad last in the fridge?

This salad typically stays fresh for up to 2 days when stored in an airtight container in the refrigerator. For best texture and flavor, it's ideal to consume it within the first 24 hours, since the vegetables will continue to release moisture over time.

Can I make cucumber tomato salad ahead of time?

Yes, but with one adjustment: prepare the chopped vegetables and the dressing separately, then combine them about 15-20 minutes before serving. This prevents the salad from becoming watery while still saving you prep time.

What is the best dressing for cucumber tomato salad?

A simple vinaigrette made from olive oil, vinegar or lemon juice, salt, and pepper is the most popular choice because it enhances the vegetables' natural flavor without overpowering them. Creamy yogurt-based dressings and Mediterranean-style dressings with feta and oregano are also popular variations.

Do I need to peel the cucumbers?

Peeling is optional. English and Persian cucumbers have thin, tender skins that don't need peeling. If using a standard slicing cucumber with a thicker, waxier skin, peeling is recommended for better texture.

Is cucumber tomato salad healthy?

Yes. This dish is naturally low in calories, hydrating, and rich in vitamins A, C, and K, as well as antioxidants like lycopene from tomatoes. It's a great addition to a balanced diet and works well for those watching their calorie or carbohydrate intake.

Can I add other vegetables to this salad?

Absolutely. Bell peppers, avocado, radishes, or corn all work well as additions. Just keep the cucumber-to-tomato ratio as the base so the dish retains its signature flavor and texture.