- Prep Time: 15 minutes
- Cook Time: 0 minutes
- Total Time: 15 minutes
- Servings: 4 (approx. 1.5 cups per serving)
- Recipe Difficulty: Easy
- Physical Intensity Level: Very Low (Basic chopping and gentle tossing)

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Ingredients

Salad Base

- 2 large English cucumbers (or 4 Persian cucumbers), sliced into 1/4-inch half-moons
- 4 medium ripe Roma tomatoes (or 2 cups cherry tomatoes), diced or quartered
- 1/2 medium red onion, very thinly sliced
- 1/4 cup fresh flat-leaf parsley, finely chopped
- 2 tbsp fresh dill or mint (optional, for extra herbal brightness)
- 1/4 cup crumbled feta cheese (optional garnish, omit for vegan)

Zesty Herb Dressing

- 3 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice (or red wine vinegar)
- 1 clove garlic, minced or finely grated
- 1/2 tsp dried oregano

- 1/2 tsp sea salt (adjust to taste)
- 1/4 tsp freshly cracked black pepper

Step-by-Step Instructions

> Kitchen Note on Intensity: This recipe involves zero heat and low physical effort. Take your time with uniform chopping to ensure a beautiful visual presentation.

Step 1: Prep the Vegetables (Intensity: Low | Time: 7 mins)

1. Wash all produce thoroughly under cold water and pat dry with paper towels.
2. Trim the ends of the English cucumbers. Cut them in half lengthwise, then slice into 1/4-inch half-moons. Transfer to a large mixing bowl.
3. Core and dice the Roma tomatoes into bite-sized pieces (or slice cherry tomatoes in half). Add them to the bowl with the cucumbers.
4. Peel and thinly slice the red onion. Add the onion slices to the bowl along with the chopped parsley and dill/mint.

Step 2: Whisk the Dressing (Intensity: Minimal | Time: 3 mins)

1. In a small glass measuring cup or bowl, combine the extra virgin olive oil, fresh lemon juice (or red wine vinegar), minced garlic, dried oregano, sea salt, and cracked black pepper.

2. Whisk vigorously with a fork until emulsified and smooth.

Step 3: Toss and Coat (Intensity: Low | Time: 2 mins)

1. Pour the prepared dressing evenly over the fresh vegetables in the mixing bowl.

2. Using large salad servers or spoons, toss gently until every piece of cucumber, tomato, and onion is lightly coated in dressing. Avoid over-mixing to keep the tomatoes intact.

Step 4: Rest and Serve (Intensity: None | Time: 3 mins)

1. Taste the salad and adjust salt, pepper, or lemon juice if desired.

2. Let the salad stand at room temperature for 3 to 5 minutes so the flavors can meld together.

3. Transfer to a serving platter or individual bowls. Top with crumbled feta cheese if desired, and serve immediately.

Storage & Meal Prep Instructions

- Refrigeration: Store any leftover salad in an airtight container in the refrigerator for up to 2 days.

- Serving Leftovers: As the salad sits, the salt will pull natural juices from the tomatoes and cucumbers, creating a delicious light broth at the bottom of the container. Give it a gentle toss before serving cold.

- Freezing: Do not freeze. Fresh raw vegetables will lose their crisp texture upon thawing.

Comprehensive Nutritional Information

The following values are estimated per individual serving (1/4 of total recipe, without optional feta cheese).

Nutrient	Amount Per Serving	% Daily Value (DV)*
Calories	125 kcal	—
Total Fat	10.5 g	13%
– Saturated Fat	1.5 g	8%
– Trans Fat	0 g	—
– Monounsaturated Fat	7.5 g	—
– Polyunsaturated Fat	1.2 g	—
Cholesterol	0 mg	0%
Sodium	310 mg	13%
Total Carbohydrates	8 g	3%
– Dietary Fiber	2.2 g	8%
– Total Sugars	4.2 g	—
– Includes Added Sugars	*0 g*	*0%*

Nutrient	Amount Per Serving	% Daily Value (DV)*
Protein	2 g	4%
Vitamin D	0 mcg	0%
Calcium	38 mg	3%
Iron	1.1 mg	6%
Potassium	380 mg	8%
Vitamin C	24 mg	27%
Vitamin A	750 IU	15%