

Meaningful Eats

Cucumber Tomato Salad (Easy Marinade!)

★★★★★

6 servings

This is an old family recipe for cucumber tomato salad. We eat it on repeat all summer long. The apple cider vinegar marinade is easy-to-make and SO delicious!

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| Course | Salad, side |
| Cuisine | American |
| Prep Time | 15 minutes |
| marinade time | 2 hours |
| Total Time | 2 hours 15 minutes |
| Author | Erin Collins |

Ingredients

- 2-3 cucumbers thinly slice (I usually use 2 large English cucumbers)
- 1/2 cup red onion very thinly sliced
- 1 cup water
- 1/2 cup apple cider or red wine vinegar
- 1/4 cup sugar
- 1 tablespoon salt
- 1 teaspoon pepper
- 3 medium tomatoes chopped (or 2-3 cups of any tomato you like)
- 3 tablespoons olive oil
- 1/4 cup chopped fresh parsley optional

Instructions

1. Place the cucumbers and red onion in a bowl. Whisk together the water, vinegar, sugar, salt, pepper, and oil until the sugar is dissolved.
2. Pour over the cucumbers and onions and let sit in the refrigerator for at least 2 hours (and up to 6).
3. Pour off all but a few tablespoons of the liquid. Add the tomatoes and herbs and toss to combine. Serve and enjoy!

Notes

- **SUBSTITUTIONS:** This recipe is very versatile! You can use any kind of cucumber, tomato or onion you have on hand. You can also use white, white wine, red wine or apple cider vinegar.
- **MAKE AHEAD:** You can **make the marinade ahead of time**. Then, store in the refrigerator for up to a week. Be sure to shake well before using. Then pour the homemade dressing over the fresh cucumbers the day you're serving the salad.

- **STORAGE:** This tomato-cucumber salad will last for 3-4 days in the refrigerator. I think it's best served a few hours after making it, as the tomatoes tend to get a bit mealy when they are refrigerated.

Nutrition

Calories: 128kcal | Carbohydrates: 15g | Protein: 1g | Fat: 7g | Saturated Fat: 1g | Sodium: 1174mg | Potassium: 323mg | Fiber: 2g | Sugar: 12g | Vitamin A: 795IU | Vitamin C: 16mg | Calcium: 27mg | Iron: 1mg