



5 refreshing and easy cucumber salads

Cucumbers are a staple in many cuisines around the world, known for their refreshing flavor and versatility. Originating from South Asia, they have been cultivated for over 3,000 years and come in various types, including slicing, pickling, and seedless varieties. Cucumbers are super low in calories but high in essential nutrients like vitamins K and C, potassium, and magnesium. They also have a high water content and contain antioxidants that promote health. Starting a meal with a cucumber salad can help with weight management, as they fill you up on relatively few calories and help curb hunger.

To peel or not to peel? The skin is not only edible but also packed with fiber and nutrients. It contributes to the cucumber's crunch and can enhance the overall flavor of your dishes. However, if you're concerned about pesticides or wax coatings, consider buying organic cucumbers or thoroughly wash them before consuming.

Cucumbers are growing like mad right now. They love hot weather, and with the summer the way it's been, you may find your garden overflowing or discover your local market selling cukes at a steep discount. Grab a few and try one or more of these ideas for some crunchy refreshment!



5 Quick & Easy Cucumber Salads

Don't worry about exact quantities for these salads—just use what you have on hand. The beauty of these recipes is their flexibility, allowing you to adjust flavors to suit your taste.

Italian Inspired Chickpea Cucumber Salad:

Ingredients: Chickpeas (canned and rinsed), lemon juice, sundried tomatoes, fresh basil or parsley, oregano, olive oil (optional), salt, and pepper.

Instructions: Mix diced cucumbers and chickpeas with chopped sundried tomatoes, fresh basil, and oregano. Drizzle with olive oil (optional) and lemon juice. Season with salt and pepper to taste. Serve chilled.

Mexican Inspired Cucumber Salad:

Ingredients: Fresh tomatoes, cilantro, lime juice, cumin, red onion, jalapeño, salt, and pepper.

Instructions: Combine diced cucumbers, tomatoes, and red onion with chopped cilantro and minced jalapeño. Add lime juice and a pinch of cumin. Season with salt and pepper. Toss well and enjoy.

Sweet and Sour Cucumber Salad:

Ingredients: Rice vinegar, apple juice, salt, sesame seeds, sliced red onion, and fresh dill.

Instructions: In a bowl, mix thinly sliced cucumbers with red onion and fresh dill. Prepare a dressing with a 2:1 ratio of rice vinegar and apple juice, plus a pinch of salt. Pour the dressing over the cucumber mixture and sprinkle with sesame seeds. Let it marinate for at least 30 minutes before serving.

Spicy Asian Inspired Cucumber Salad:

Ingredients: Soy sauce, rice vinegar, fresh minced garlic, red pepper flakes, toasted sesame oil, green onions, and sesame seeds.

Instructions: Toss sliced cucumbers with chopped green onions and garlic. Mix 2 parts soy sauce, 1 part rice vinegar, 1 part sesame oil, and a pinch or two of red pepper flakes (to taste) to make the dressing. Pour over the cucumbers and sprinkle with sesame seeds. Chill before serving.

Cucumber and Watermelon Salad:

Ingredients: Diced watermelon, feta cheese (optional), mint leaves, balsamic glaze (available in most grocery stores by the vinegars), salt, and pepper.

Instructions: Combine diced cucumbers and watermelon with crumbled feta cheese and fresh mint leaves. Drizzle with balsamic glaze and season with salt and pepper. Serve immediately.