

Marinated Cucumber and Feta Salad



Looking to add a fresh touch to your summer meals? This cucumber salad will quickly become a favourite! Our dietitians love the balance of flavours: the crispness of the cucumber, the saltiness of the feta, and the slight sweetness of the honey combine perfectly in this simple and tasty side dish. It is the perfect accompaniment to [your BBQ grilled foods](#), picnics, or weekday lunches. For even more inspiration, [discover our easy, colourful, and nutritious summer recipes!](#)

Preparation 10 min

Cooking 0 min

Waiting 15 min

Servings 4

Nutrition Facts (per serving)

Calories 85

Fat 6

Carbohydrates 6

Fibre 1

Protein 2

Sodium 90

Ingredients

- 1 English cucumber, sliced
- ¼ red onion, thinly sliced (or 5 small radishes, sliced), optional

- 45 ml (3 tbsp) fresh herbs of your choice, chopped (basil, dill, mint)
- 30 ml (2 tbsp) cider vinegar
- 15 ml (1 tbsp) olive oil
- 10 ml (2 tsp) honey

Preparation

1. In a large salad bowl, place the cucumber slices, crumbled feta, red onion (or radishes), and fresh herbs.
2. In a small bowl, mix the cider vinegar, olive oil, and honey. Pour the vinaigrette over the vegetables, then stir gently to coat all ingredients well.
3. Let rest in the refrigerator for 15 minutes before serving to allow the flavours to develop fully.

Notes

Stores for up to 3 days in the refrigerator.



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