

# Tomato Cucumber Lettuce Salad

Easy Lettuce Salad Recipe with fresh garden produce and one secret ingredient that makes this the best green salad!

Prep Time  
15 mins

Total Time  
15 mins



Course: Salad    Cuisine: Ukrainian    Servings: 6 large or 10 small servings  
Calories: 125kcal    Author: Olena Osipov



4.97 from 32 votes

## Ingredients

- 1 lb (2 medium) long English cucumbers coarsely chopped
- 1 lb (4 medium) tomatoes coarsely chopped
- 1 lb (large bunch) any lettuce coarsely chopped
- 1 small bunch dill finely chopped
- 1/4 cup white or red onion thinly sliced
- 2 tbsp extra virgin olive oil
- 2 tbsp toasted sesame oil optional
- 1 tsp salt
- Ground black pepper to taste
- Garlic and white vinegar to taste (optional)

## Instructions

1. In a large bowl, add cucumber, tomato, lettuce, dill, onion, olive oil, toasted sesame oil, salt and pepper. The easiest is to add ingredients in order as listed and as you are preparing them like washing and chopping the vegetables.
2. Toss gently just until combined.
3. Serve immediately or within an hour.

## Notes

- **To make ahead:** Refrigerate all vegetables covered in a bowl, and add oils, salt and pepper right before serving.
- **Lettuce:** Boston, red leaf, romaine, butter, green leaf lettuces are great.
- **Cucumbers:** Any type of cucumbers (dill pickle, garden, long English, Persian), peeled or not, work.
- **Tomatoes:** Any type of full grown, grape or cherry tomatoes work.
- **Toasted sesame oil:** It gotta be toasted, find it in any grocery store or online. It is a staple in Asian cooking. Or just omit.

## Nutrition

Serving: 1cup | Calories: 125kcal | Carbohydrates: 9g | Protein: 2g | Fat: 10g | Saturated Fat: 1g | Sodium: 403mg | Fiber: 3g | Sugar: 6g

