

# Healthy Recipe: Summer Garden Salad

These humble garden cucumbers and colorful peppers transform into a crunchy, healthy summer treat.

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This cool crunchy garden salad is exactly the ticket to get through the heat of summer. In no time at all, these humble garden cucumbers and colorful peppers transform into a divinely crunchy, festive-looking dish bursting with summer flavor. It's perfect alongside [Curried Chickpea Patties](#) or [Dill & Mint Marinated Salmon](#).

4 servings

15 minute prep

8 ingredients

## Ingredients

- 3 tablespoons olive oil
- 1 tablespoon lime juice, freshly squeezed
- ½ teaspoon sea salt or to taste
- 2 to 3 garden cucumbers, peeled and cut into a ½ " chunks
- 1 cup cherry tomatoes, halved. Or 1 medium beefsteak tomato, seeded and cut into ½ " chunks
- 1 orange pepper, seeded and cut into ½" squares
- 1 yellow pepper, seeded and cut into ½" chunks
- 1 tablespoon of your favorite soft-leaved summer herb, shredded. (Choose either mint, basil leaves or cilantro).

## Directions

1. Whisk the oil, lime juice, and salt together in a medium salad bowl.
2. Tip in the cucumber, tomatoes, orange and yellow peppers, and the shredded herbs. Toss together.

Let sit in the fridge for 30 minutes for the flavors to develop. Taste for salt. Serve chilled or at room temperature.

## Chef Tips

For a quick light lunch, add protein and a lot of flavor, by sprinkling  $\frac{1}{4}$  cup crumbled feta cheese over the salad before serving. You can use 1 medium English cucumber instead of the garden cucumbers.

## Nutrition Facts (per serving)

Calories: 141; Fat: 11g; Saturated Fat: 2g; Polyunsaturated Fat: 1g; Monounsaturated Fat: 8g; Carbohydrates: 12g; Sugar: 5g; Fiber: 2g; Protein: 2g; Sodium: 242mg

## Registered Dietitian Approved

Our recipes, articles, videos, and more content are reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [\*\*Oncology Nutrition for Clinical Practice, 2nd Ed.\*\*](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [\*\*Academy of Nutrition and Dietetics\*\*](#), and the [\*\*American Institute for Cancer Research\*\*](#) and the [\*\*American Cancer Society\*\*](#).

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