

Helergon Kitchen

Garden Salad – Fresh Summer Recipe

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	

Ingredients

Main Ingredients

- [ ] 4 cups mixed greens (baby spinach, arugula, lettuce)
- [ ] 2 ripe heirloom tomatoes, sliced
- [ ] 1 large cucumber, peeled and quartered
- [ ] 1/4 red onion, thinly sliced
- [ ] 1/4 cup fresh basil leaves, torn

Dressing

- [ ] 3 tbsp extra-virgin olive oil
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp honey
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. First, rinse all vegetables under cool water; gently shake off excess and pat dry with a clean kitchen towel.
2. In a large bowl, combine the mixed greens, cucumber, tomato, and red onion. Toss lightly to mingle.
3. Whisk together olive oil, lemon juice, honey, salt, and pepper in a small jar; shake until emulsified.
4. Drizzle the vinaigrette over the salad just before serving, toss gently, and finish with fresh basil leaves.
5. Optional: explore a related side by trying a spicy Korean cucumber preparation for extra zing.

Nutrition per serving

180 kcal	4 g	12 g	12 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - Taste the dressing before adding; adjust acidity with a touch more lemon if needed.
> - If you prefer a sweeter note, increase honey by half a teaspoon.
> - For added crunch, sprinkle toasted pumpkin seeds on top.