

# 8 No-Cook Summer Salad Recipes

Grocery list by salad | Substitutions included | Make-ahead window noted  
HomemadeRecipes.com

## 1. Tomato, Corn & Cucumber Salad

Make-ahead: 30 min to 1 hr. Do not exceed 2 hrs.

- 2 cups cherry tomatoes, halved  
*Sub: Sub: heirloom tomatoes*
- 2 ears fresh corn, kernels cut from cob  
*Sub: Sub: frozen corn, thawed + patted dry*
- 2 Persian cucumbers, sliced  
*Sub: Sub: English cucumber*
- 3 tbsp olive oil
- 2 tbsp fresh lime juice
- 1/4 tsp red chili flakes
- 1/2 tsp kosher salt
- 2 tbsp fresh cilantro or basil, torn  
*Sub: Sub: flat-leaf parsley*

## 2. White Bean & Shaved Zucchini Salad

Make-ahead: up to 4 hrs.

- 2 medium zucchini  
*Sub: Sub: yellow squash*
- 1 can (15 oz) white beans, drained + rinsed  
*Sub: Sub: chickpeas*
- 3 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1 small garlic clove, grated
- 1/4 tsp kosher salt
- 2 tbsp fresh mint or dill, chopped  
*Sub: Sub: basil*
- 2 tbsp pine nuts or slivered almonds (optional)

## 3. Watermelon, Cucumber & Feta

Make-ahead: dress at serve time only.

- 5 cups seedless watermelon, cubed  
*Sub: Sub: honeydew*
- 1 English cucumber, halved + sliced  
*Sub: Sub: Persian cucumbers*
- 1/2 cup crumbled feta cheese  
*Sub: Sub: fresh goat cheese*
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1/4 tsp flaky salt
- Small handful fresh mint leaves, torn

## 4. Cold Chickpea & Roasted Pepper Salad

Make-ahead: 30 min to 48 hrs. Best overnight.

- 2 cans (15 oz each) chickpeas, drained + rinsed  
*Sub: Sub: white beans*
- 1 jar (12 oz) roasted red peppers, drained + sliced  
*Sub: Sub: jarred sun-dried tomatoes*
- 1/2 red onion, thinly sliced
- 3 tbsp olive oil
- 2 tbsp red wine vinegar
- 1/2 tsp smoked paprika
- 1/2 tsp kosher salt
- 2 tbsp flat-leaf parsley, chopped  
*Sub: Sub: fresh oregano*

## 5. Caprese with Balsamic Glaze

Make-ahead: serve immediately. Do not prep ahead.

- 3 large ripe heirloom or beefsteak tomatoes  
*Sub: Sub: halved cherry tomatoes*
- 8 oz fresh mozzarella, sliced  
*Sub: Sub: fresh burrata*
- 2 tbsp good olive oil
- 1 tbsp balsamic glaze (store-bought)  
*Sub: Sub: drizzle of honey*
- Flaky sea salt, to finish
- Fresh basil leaves, torn

## 6. Cabbage & Mango Slaw, Miso-Ginger

Make-ahead: 2 to 4 hrs. Best after 2 hrs.

- 4 cups green cabbage, finely shredded  
*Sub: Sub: kohlrabi or broccoli stems*
- 1 cup ripe mango, diced  
*Sub: Sub: pineapple*
- 1/2 cup shredded carrots
- 3 scallions, thinly sliced
- 1 tbsp white miso paste  
*Sub: Sub: 1 tbsp soy sauce + 1 tsp sesame oil*
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp neutral oil (canola or avocado)
- 1 tsp fresh ginger, grated
- 1 tbsp lime juice
- 1 tbsp toasted sesame seeds

## 7. Greek Cucumber & Tomato Salad

Make-ahead: 1 to 3 hrs.

- 2 cups cherry tomatoes, halved
- 2 Persian cucumbers, sliced  
*Sub: Sub: English cucumber*
- 1/2 cup pitted Kalamata olives  
*Sub: Sub: pepperoncini*
- 1/4 red onion, very thinly sliced
- 1/2 cup crumbled feta cheese
- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp dried oregano (rub between palms first)  
*Sub: Sub: fresh oregano, chopped*
- Salt + black pepper to taste

## 8. Black Bean, Corn & Avocado Salad

Make-ahead: base up to 24 hrs. Add avocado at serve time.

- 1 can (15 oz) black beans, drained + rinsed  
*Sub: Sub: pinto beans*
- 1 1/2 cups frozen corn, thawed + patted dry  
*Sub: Sub: fresh corn in season*
- 1 cup cherry tomatoes, halved
- 1/4 red onion, finely diced
- 1 avocado, diced (add at serve time)
- 3 tbsp olive oil
- 2 tbsp fresh lime juice
- 1/2 tsp ground cumin
- 1/2 tsp kosher salt
- 2 tbsp fresh cilantro, chopped  
*Sub: Sub: flat-leaf parsley*