Dill–Garlic Marinated Tomato Salad

Juicy tomato wedges, delicate red onion and fresh dill in a light Dijon vinaigrette with lemon zest.



4 side servings · Prep 20 min · No cooking About 40 min total, including 20 min chilling

INGREDIENTS

1 1/2 lb (680 g) firm ripe red tomatoes; weighed before coring; 3/4-inch wedges or thick slices

1 small red onion (about 120 g peeled), very thin half-moons

2 tbsp (30 ml) extra-virgin olive oil

1 1/2 tbsp (22.5 ml) white wine vinegar

1 tsp (5 ml) Dijon mustard

1/2 tsp finely grated fresh lemon zest, yellow part only

1 small fresh garlic clove, finely minced

2 tbsp fresh dill, measured after chopping

1 tbsp fresh flat-leaf parsley, measured after chopping

1/2 tsp fine salt (about 3 g)

1/4 tsp freshly ground black pepper

EQUIPMENT & NOTES

Clean knife, board, bowls, whisk, fine grater, measuring tools, clean towel, covered container and fridge thermometer.

Contains mustard. Check all component labels for additional allergens.

40°F or below; use within 48 hours from preparation, including chilling, or an earlier ingredient deadline. This conservative household limit is not a validated shelf life. Apply it to separately held garlic/herb dressing too; later mixing never resets its clock.

METHOD

1 · Start clean. Wash hands with soap for 20 seconds; clean tools and board, keeping raw-meat utensils separate. Rinse tomatoes, herbs and the whole lemon under plain running water before cutting or zesting; no soap on produce. Pat dry. Discard spoiled produce; trim damage.

2 · Soak the onion. Peel, halve and very thinly slice onion into half-moons. Soak in cold drinking water 5 minutes while doing step 3, then drain thoroughly and pat dry.

3 · Whisk and cut. Whisk all vinegar, Dijon, zest, minced garlic, salt and pepper; whisk in all oil. Core tomatoes; cut roughly 3/4-inch wedges or thick slices, not dice. Chop dill and parsley; measure after chopping. Finish draining and drying the soaked onion.

4 · Fold. Combine tomatoes, dry drained onion, all dill and all parsley. Add all dressing; fold gently without crushing. Reserve no garnish.

5 · Rest cold. Cover and refrigerate 20 minutes at 40°F or below. Fold once; tomatoes should be tender but intact, onion crisp-tender. Marinating is for flavor, not pathogen control.

6 · Serve fresh; store cold. Divide into 4 sides with juices. Best freshly made. Refrigerate reserve promptly, covered; label prep date/time and follow the 48-hour rule at left. Limit cumulative time out, including prep/serving, to 2 hours (1 hour above 90°F); discard if exceeded. Never top up old salad or return served portions/dipped dressing to reserve. Do not taste old batches for safety. Vinegar, zest and Dijon do not prove acidification or shelf stability. Not for canning or pantry storage.

[1] Inspired by Fresh Salad Recipes' "Marinated Tomato & Red Onion Salad" public caption.

[2] FDA: 7 Tips for Cleaning Fruits, Vegetables — hand/produce washing; no produce soap.

[3] FDA: Are You Storing Food Safely? — cold holding and 2-hour/1-hour exposure limits.

[4] OSU: Herbs and vegetables in oil — up to 4 days refrigerated; our salad uses a stricter 48 hours.

RECIPE NOTE

Not kitchen-tested; quantities, yield and times are estimates. AI-generated serving illustration.

Sources: [1] facebook.com · [2] fda.gov · [3] fda.gov · [4] extension.oregonstate.edu