

When the sun's shining, and the water is calling you poolside, you don't want to spend your time indoors.

That's why we've whipped up this simple no-cook recipe complete with those fresh-as-can-be ingredients, because let's face it, you've got things to do (sip on cocktails) and places to be (beachside).

We're talking cucumbers, limes, and pineapples in what just might be the most refreshing salad— ever.

Plus, this salad is packed with nutrients. [Pineapple is a super food](#) that contains fiber and vitamin C to help digestion and boost your immune system.

I guess a pineapple a day does keep the worries away. Likewise, these limes aren't just for Sunday afternoon margaritas.

Limes are multidimensional: the natural oils in lime juice help [keep skin shining](#) and feeling rejuvenated, and limes can help protect eyes from aging. Limes are loaded with antioxidants and a high amount of vitamin C.

This salad tastes just like summer and is ready in three easy steps.

Pineapple & Cucumber With Lime Salad

Ingredients:

- 1 chopped pineapple
- 1 thinly sliced cucumber
- 2 limes, both zested and juiced
- ½ cup chopped cilantro

Directions:

1. Simply fold all ingredients together in a large bowl. Toss with the lime juice and lime zest to get an even coat.
2. Finish with salt and pepper to taste if desired. Mix again.
3. Keep chilled until ready to serve. Serve with lime wedges.