

Zucchini Bread Recipes

Creamy Cucumber Salad - Easy Low-Carb Side

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Side Dish** Course

Ingredients

Main Ingredients

- [ ] 2 large English cucumbers, thinly sliced
- [ ] 1 cup full-fat sour cream
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp apple cider vinegar
- [ ] ½ tsp stevia or erythritol (optional)
- [ ] Salt and freshly cracked black pepper to taste

Instructions

1. Wash the cucumbers, trim the ends, and slice them thinly—using a mandoline helps keep them even.



2. Place the cucumber slices in a colander, toss with a pinch of salt, and let sit 5 minutes; then pat dry with paper towels.



3. In a mixing bowl, whisk together sour cream, lemon juice, apple cider vinegar, dill, and sweetener until smooth.



4. Gently fold the cucumbers into the dressing, season with salt and pepper, and refrigerate for at least 15 minutes before serving.



Nutrition per serving

120 kcal	3 g	5 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad looks watery, simply discard excess liquid before tossing.
- For extra zest, add a tiny pinch of grated lemon zest.
- Adjust sweetness to your taste; keto-friendly sweeteners keep carbs low.