

Zucchini Bread Recipes

Cucumber Salad With Dill

A bright, crisp cucumber and dill salad with a gentle lemon-olive oil dressing.

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

Ingredients

Main Ingredients

- [ ] 3 large cucumbers, thinly sliced
- [ ] 1/4 cup fresh dill, finely chopped
- [ ] 1/4 cup thinly sliced red onion (optional)
- [ ] 1 tablespoon sea salt

Dressing

- [ ] 3 tablespoons extra-virgin olive oil
- [ ] 2 tablespoons fresh lemon juice
- [ ] 1 teaspoon honey or maple syrup (optional)
- [ ] Pinch of black pepper

Instructions

1. Wash cucumbers, trim ends, and slice into thin rounds using a mandoline or sharp knife.



2. Place sliced cucumbers in a colander, sprinkle with sea salt, and let sit for 5 minutes to draw out excess water.



3. While cucumbers rest, whisk together olive oil, lemon juice, honey (if using), and black pepper in a small bowl.



4. Pat cucumbers dry with paper towels, then transfer to a large bowl; add red onion if desired.



5 Pour the vinaigrette over the cucumbers, toss gently, and fold in chopped dill right before serving.



Nutrition per serving

45 kcal	1 g	5 g	3 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the salad seems watery, add a few more minutes of salt and draining.
- For extra zing, zest a little lemon into the dressing.
- Adjust sweetness with honey to balance the lemon's acidity.