

Treasure Barrel

Creamy Cucumber Salad – Easy Low-carb Side

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Side Dish** Course

Ingredients

Salad Base

- [ ] 2 large English cucumbers, thinly sliced
- [ ] 1 cup full-fat Greek yogurt
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tbsp apple cider vinegar
- [ ] 1 tsp Dijon mustard
- [ ] 1 tsp finely chopped fresh dill
- [ ] ½ tsp sea salt
- [ ] ¼ tsp black pepper
- [ ] 1 tbsp extra-virgin olive oil

Optional Sweet Touch

- [ ] ½ tsp erythritol or a pinch of stevia (optional)

Instructions

1. Wash cucumbers, slice them on a bias into thin rounds, then place in a colander, sprinkle with a pinch of salt and let sit for 5 minutes.
2. Pat the cucumber slices dry with a clean kitchen towel; this keeps the salad crisp.
3. In a mixing bowl, whisk together Greek yogurt, lemon juice, apple cider vinegar, Dijon mustard, dill, olive oil, and optional sweetener until smooth.
4. Add the cucumber slices to the dressing, toss gently, then season with sea salt and pepper. Let rest for a few minutes before serving.
5. Garnish with an extra sprinkle of dill or a thin lemon zest. Serve chilled, perhaps alongside the best salad for a fuller meal.

Nutrition per serving

120 kcal	7 g	6 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a thinner dressing, stir in a splash of cold water or extra lemon juice.
- Adjust sweetness to your palate; the cucumber's natural freshness often balances the tang.
- For extra crunch, add a handful of toasted pumpkin seeds just before serving.