

Treasure Barrel

Creamy Cucumber Salad – Quick Comfort

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

Ingredients

Main Ingredients

- [ ] 2 large English cucumbers, thinly sliced
- [ ] 1 cup plain Greek yogurt
- [ ] 1 tablespoon fresh lemon juice
- [ ] 1 clove garlic, minced
- [ ] 2 tablespoons fresh dill, finely chopped
- [ ] 1 tablespoon extra-virgin olive oil
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Slice the cucumbers very thinly, using a mandoline if you have one; place them in a colander, sprinkle lightly with salt, and let sit for 5 minutes.
2. While the cucumbers rest, whisk together the Greek yogurt, lemon juice, minced garlic, dill, and olive oil in a bowl. Let the dressing sit for a couple of minutes to let the flavors mingle; you can peek at the cucumber salad with dill for inspiration.
3. Pat the cucumbers dry with paper towels, then transfer them to the bowl with the dressing. Toss gently until every slice is lightly coated.
4. Season with salt and pepper, then cover and refrigerate for at least 15 minutes. Serve chilled, perhaps alongside a slice of crusty bread or as a side to grilled fish.
5. If you'd like a touch of extra brightness, drizzle a few drops of white wine vinegar just before serving; this mirrors the subtle zing found in the avocado tomato cucumber salad.

Nutrition per serving

120 kcal	8 g	12 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the cucumbers dry to avoid a watery dressing.
- Adjust lemon juice to taste; a little goes a long way.
- For a sweeter note, add a pinch of sugar or honey.