

Treasure Barrel

Cucumber Snack – Fresh Crunchy Treat

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Mediterranean** Cuisine	**Snack** Course

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1/2 tsp sea salt
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tsp extra-virgin olive oil
- [ ] Pinch of freshly ground black pepper
- [ ] 1 tbsp fresh dill, chopped (optional)

Instructions

1. Wash the cucumbers, trim the ends, and slice them thinly—ideally with a mandoline for uniformity.
2. Place the slices in a bowl, sprinkle sea salt, and let them rest for 3-5 minutes; you'll notice a gentle bead of moisture forming.
3. Pat the slices lightly with a paper towel, then drizzle olive oil and lemon juice over them. Toss gently so each slice is lightly coated.
4. Finish with a pinch of black pepper and dill if using. Serve immediately, or keep chilled for up to an hour.
5. For a variation, try adding a handful of cherry tomatoes and a splash of balsamic—see cucumber-tomato salad for inspiration.

Nutrition per serving

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

Tips & notes

- If the cucumbers seem watery, let them drain on a clean kitchen towel before adding oil.
- Adjust lemon juice to taste; a little goes a long way in brightening the snack.
- A tiny pinch of sugar can balance extra acidity if you prefer a softer tang.