

Plate Dream

Creamy Cucumber Salad – Easy Healthy Recipe

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1 cup Greek yogurt (full-fat)
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp lemon zest
- [ ] 1 small garlic clove, minced
- [ ] 2 tbsp extra-virgin olive oil
- [ ] Salt and freshly ground black pepper to taste

Optional Extras

- [ ] 1 tsp honey or sugar (for a hint of sweetness)
- [ ] 1 tbsp white wine vinegar (for extra tang)
- [ ] Sesame seeds for garnish

Instructions

1. Wash the cucumbers, trim the ends, and slice them thinly – a mandolin works wonders, though a sharp knife is fine.
2. Place the sliced cucumbers in a colander, sprinkle lightly with salt, and let them sit for 5 minutes to draw out excess water.
3. In a bowl, whisk together the Greek yogurt, lemon juice, lemon zest, minced garlic, chopped dill, olive oil, and a pinch of honey if using.
4. Pat the cucumbers dry with paper towels, then toss them gently with the yogurt dressing until each slice is lightly coated.
5. Season with salt and pepper to taste, sprinkle sesame seeds if desired, and serve immediately or chill for 10 minutes.

Nutrition per serving

150 kcal	8 g	12 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Pat the cucumbers dry; excess water makes the dressing runny.
- Adjust the lemon level based on the tartness of your yogurt.
- For a cooler flavor, add a few mint leaves alongside dill.