

Plate Dream

Cucumber Carrot Salad – Fresh, Easy Healthy Recipe

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

Ingredients

Salad

- [ ] 2 medium cucumbers, thinly sliced
- [ ] 2 large carrots, grated
- [ ] 1/4 cup fresh dill, chopped (optional)

Dressing

- [ ] 3 tbsp lemon juice
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tbsp honey
- [ ] 1 tsp salt
- [ ] 1/4 tsp black pepper

Instructions

1. Wash cucumbers and carrots thoroughly. Slice the cucumbers thinly and grate the carrots using a microplane or box grater.
2. In a small bowl, whisk together lemon juice, apple cider vinegar, honey, salt, and pepper until the honey dissolves.
3. Place the sliced cucumbers and grated carrots in a large mixing bowl. If using dill, add it now.
4. Pour the dressing over the vegetables and toss gently until everything is evenly coated. Let the salad sit for 5 minutes before serving.

Nutrition per serving

85 kcal	2 g	20 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cucumbers are very watery, sprinkle a little salt and let them sit for 5 minutes, then pat dry.
- Adjust the amount of honey to suit your taste; you can add more for a sweeter profile.
- For extra crunch, add a handful of toasted pumpkin seeds just before serving.