Plate Dream

Cucumber Salad With Dill – Fresh Healthy Recipe

A bright, crunchy cucumber salad dressed with dill and a gentle vinaigrette, perfect for any season.

15 min	15 min	4	Easy	American	Salad
Prep time	Total time	Servings	Difficulty	Cuisine	Course

Ingredients

Salad

- [ ] 4 medium English cucumbers, thinly sliced
- [ ] 1/4 cup fresh dill, chopped
- [ ] 1/2 teaspoon kosher salt

Dressing

- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tbsp white wine vinegar
- [ ] 1 tbsp fresh lemon juice
- [ ] 1 tsp honey (or maple syrup for vegan)
- [ ] Freshly ground black pepper, to taste

Instructions

1. Slice the cucumbers thinly using a mandoline or sharp knife; place them in a colander, sprinkle with kosher salt, and let sit for 5 minutes.
2. While the cucumbers rest, whisk together olive oil, white wine vinegar, lemon juice, honey, and a pinch of pepper in a small bowl.
3. Pat the cucumbers dry with paper towels, then transfer to a large mixing bowl.
4. Pour the vinaigrette over the cucumbers, toss gently, and sprinkle chopped dill on top.
5. Let the salad rest for a couple minutes to allow flavors to meld, then serve chilled.

Nutrition per serving

85 kcal	2 g	8 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a tangier taste, add an extra splash of lemon juice.
- For added crunch, toss in a handful of toasted pumpkin seeds.
- The salad can be doubled for larger gatherings; just keep the dressing ratio consistent.