

Bite Spoon

Creamy Cucumber Salad – Quick & Easy Recipe

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

Ingredients

Main Ingredients

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

Optional Add-Ons

- [ ] 1 tsp honey for a hint of sweetness
- [ ] Red pepper flakes for a subtle heat

Instructions

1. Wash the cucumbers, trim the ends, and slice them into thin ribbons using a mandoline or sharp knife.
2. Place the cucumber ribbons in a colander, sprinkle with a pinch of salt, and let them sit for 5 minutes to release excess water.
3. In a mixing bowl, whisk together Greek yogurt, lemon juice, olive oil, minced garlic, and chopped dill until smooth.
4. Pat the cucumbers dry with paper towels, then gently toss them into the yogurt dressing, coating evenly.
5. Season with additional salt, pepper, and optional honey or red pepper flakes. Chill for 5-10 minutes before serving.

Nutrition per serving

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

Tips & notes

- If you prefer a thinner dressing, add a splash of cold water or extra lemon juice.
- Taste before adding salt; the yogurt already contributes a gentle saltiness.
- For extra crunch, sprinkle toasted sesame seeds just before serving.