

Bite Spoon

Cucumber Vinegar Salad – Easy Swedish-Style Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**Swedish** Cuisine	**Side Dish** Course

Ingredients

Salad

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1/4 cup white wine vinegar
- [ ] 1 tsp sugar
- [ ] 1/2 tsp sea salt
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 tsp lemon juice
- [ ] 1 tbsp extra-virgin olive oil

Instructions

1. Wash the cucumbers, trim the ends, and slice them thinly using a mandoline or sharp knife.
2. In a small bowl, whisk together the white wine vinegar, sugar, and sea salt until the sugar dissolves.
3. Stir in the chopped dill, lemon juice, and olive oil, creating a smooth dressing.
4. Lay the cucumber slices in a large bowl and pour the dressing over them; toss gently to coat.
5. Let the salad rest for five minutes at room temperature, then serve chilled or at room temperature.

Nutrition per serving

45 kcal	1 g	6 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cucumbers release water, gently pat them dry before tossing with the dressing.
- Adjust the sugar level to suit your taste; a pinch more can soften a very sharp vinegar.
- A splash of sparkling water added to the dressing gives a subtle fizz for extra freshness.