

Foodnity Recipes

Creamy Cucumber Salad with Greek Yogurt Dressing

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1 cup Greek yogurt
- [ ] 2 tbsp lemon juice
- [ ] 1 tbsp apple cider vinegar
- [ ] 1 tsp honey
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 tbsp olive oil
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash and slice the cucumbers; lay them on a paper towel and pat dry.
2. In a mixing bowl, whisk together Greek yogurt, lemon juice, vinegar, honey, dill, and olive oil.
3. Add the cucumber slices to the dressing, toss gently, and let sit for 5 minutes.
4. Season with salt and pepper, give a final toss, and refrigerate until ready to serve.
5. Serve chilled, perhaps alongside shrimp salad for a surf-and-turf feel.

Nutrition per serving

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

Tips & notes

- If the cucumbers release too much water, drain before adding the dressing.
- Taste the dressing before mixing; adjust honey or lemon to suit your palate.
- For extra crunch, sprinkle toasted sesame seeds just before serving.