

Foodnity Recipes

Cucumber Carrot Salad Recipe

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

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 2 medium carrots, julienned
- [ ] 1/4 cup fresh lemon juice
- [ ] 1 teaspoon freshly grated ginger
- [ ] 2 tablespoons extra-virgin olive oil
- [ ] 1 tablespoon honey (or maple syrup)
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tablespoons chopped fresh dill or mint

Instructions

1. Wash the cucumbers and carrots. Pat them dry. Slice cucumbers into thin rounds or half-moons; julienne the carrots into match-stick size.
2. In a small bowl, whisk together lemon juice, grated ginger, olive oil, honey, salt, and pepper until the dressing emulsifies.
3. Place the sliced cucumbers and carrots in a large mixing bowl. Drizzle the dressing over the veggies and toss gently to coat evenly.
4. Scatter the chopped dill or mint on top. Let the salad sit for 5 minutes, then serve chilled.

Nutrition per serving

120 kcal	2 g	12 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of red pepper flakes – see spicy cucumber salad Spicy Cucumber for inspiration.
- For extra crunch, sprinkle toasted sesame seeds just before serving.
- This salad pairs beautifully with grilled fish or a light quinoa pilaf.