

Helergon Kitchen

Creamy Cucumber Salad – Quick & Simple Side

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

Ingredients

Main Ingredients

- [ ] 2 large seedless cucumbers, thinly sliced
- [ ] 1 cup plain Greek yogurt
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tbsp white wine vinegar
- [ ] 1 tsp honey
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 small garlic clove, minced
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Wash and slice the cucumbers thinly; pat them dry with a clean towel.
2. In a bowl, whisk together yogurt, lemon juice, vinegar, honey, dill, and garlic until smooth.
3. Season the dressing with salt and pepper, then gently fold in the cucumber ribbons until evenly coated.
4. Let the salad rest for 5 minutes in the refrigerator; serve chilled, perhaps alongside Asian cucumber salad for a refreshing pair.
5. Optional: sprinkle extra dill or a pinch of smoked paprika just before serving for added aroma.

Nutrition per serving

120 kcal	8 g	12 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cucumbers are very watery, sprinkle a little salt and let them sit for 5 minutes, then drain.
- Adjust honey based on your preference for sweetness.
- For a spicier kick, add a dash of cayenne or a drizzle of hot sauce.