

Choco Fever Dream

Creamy Cucumber Salad – Low Carb Keto Side

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

Ingredients

Main Ingredients

- [ ] 2 large English cucumbers, thinly sliced
- [ ] 1/2 cup full-fat sour cream
- [ ] 1/4 cup plain Greek yogurt
- [ ] 2 tbsp fresh dill, minced
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp erythritol (optional)
- [ ] 1 tbsp extra-virgin olive oil
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Slice the cucumbers with a mandoline or sharp knife, then place them in a colander and sprinkle lightly with salt; let sit 5 minutes to draw out excess moisture.
2. In a mixing bowl, whisk together sour cream, Greek yogurt, lemon juice, dill, erythritol (if using), and olive oil until smooth.
3. Pat the cucumbers dry with paper towels, then toss them gently with the creamy dressing until evenly coated.
4. Season with additional salt and pepper, give the salad a final light toss, and serve immediately or chill for 10 minutes.
5. Optional: Garnish with a sprinkle of smoked paprika or extra dill before serving.

Nutrition per serving

120 kcal	4 g	6 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer extra tang, add a splash more lemon juice just before serving.
- For a crunchier texture, keep the cucumber slices slightly thicker.
- The salad can be prepared ahead of time; just add a tiny drizzle of olive oil right before serving to refresh.