

Choco Fever Dream

Creamy German Cucumber Salad

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**German** Cuisine	

Ingredients

Salad

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

Instructions

1. Wash the cucumbers, trim the ends, and slice them as thin as you can; then pat them dry with a clean kitchen towel.
2. In a bowl, whisk together the Greek yogurt, white wine vinegar, lemon juice, honey, minced garlic, and chopped dill until smooth.
3. Season the dressing with salt, pepper, and a drizzle of olive oil if desired; let it sit for a few minutes so the dill scent blooms.
4. Gently fold the cucumber slices into the dressing, ensuring every slice is lightly coated; avoid over-mixing.
5. Taste and adjust seasoning; then chill the salad for at least 10 minutes before serving.
6. For a variation, check out this low carb keto side version that swaps honey for a sugar substitute.
7. If you’re curious about other cucumber creations, the Asian cucumber salad offers a sesame-soy twist.

Nutrition per serving

120 kcal	5 g	14 g	4 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use a mandoline for uniform cucumber slices; it saves time and gives a professional look.
- If the salad looks watery, simply add a spoonful more yogurt to thicken.
- For a pop of color, sprinkle a few sliced radishes just before serving.