



Creamy Cucumber Salad (Easy and Dairy Free)

A nostalgic recipe with a fresh upgrade, this Creamy Cucumber Salad harkens back to the best of summers gone past. We make ours with creamy mayo and a touch of honey, plus fresh dill and, of course, those in-season crispy cool cucumbers that are the star of the show.

🕒 Prep: 25 mins Total: 25 mins



Servings: Serves 8

1x

2x

3x

INGREDIENTS

- 2 medium English cucumbers (or any variety), very thinly sliced (about 4 cups)
- ½ teaspoon fine salt
- ½ small red onion, very thinly sliced (about ½ cup)
- ⅓ cup mayo
- 1 ½ tablespoons apple cider vinegar or white wine vinegar
- 1 teaspoon honey
- ½ teaspoon garlic powder
- ⅛ teaspoon black pepper
- 1 tablespoon chopped fresh dill (or ½ teaspoon dried dill)

INSTRUCTIONS

1. Wash and dry the cucumbers then cut off the ends. Use a vegetable peeler or paring knife to remove 4-5 strips of the peel, if desired (this step is optional). Slice the cucumber into ¼-inch thick rounds and place in a colander set over a plate.
2. Sprinkle the sliced cucumbers with the salt, tossing gently. Allow the cucumbers to sit for 20 minutes then pat dry with paper towels or a clean dish towel.
3. While the cucumbers are resting, combine the mayo, vinegar, honey, garlic powder, and black pepper in a medium bowl. Whisk well to combine.
4. Add the sliced cucumbers, sliced onion, and dill to the bowl and toss well.
5. Serve immediately or store in an airtight container in the refrigerator for up to 4 days.

NUTRITION INFORMATION

Serving Size: about ½ cup **Calories:** 35 **Fat:** 2 g (**Sat Fat:** 0 g) **Sodium:** 120 mg **Carbohydrate:** 3 g (**Fiber:** 1 g)
Sugar: 2 g **Protein:** 0 g **Cholesterol:** 0 mg

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Vegetarian

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Find it online: <https://therealfooddietitians.com/creamy-cucumber-salad/>

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