



NUTRITION CONSULTING INC.

## Creamy Cucumber Salad

*Pair this refreshing salad with grilled or baked salmon and steamed rice.*

**Makes 4 servings**  
**Prep: 10 minutes**  
**Stand: 30 minutes**

### What You Need:

3 cups thinly sliced English cucumber  
1 tsp salt  
1/2 cup thinly sliced red onion  
1 Tbsp chopped fresh dill  
1 tsp granulated sugar  
1 Tbsp white wine vinegar  
1/4 cup light or regular sour cream



### How You Prepare:

In colander, sprinkle cucumber with salt; let stand to drain for 30 minutes. Pat dry.

Meanwhile, soak onion in cold water for 15 minutes; drain and pat dry.

In bowl, whisk together dill, sugar, vinegar, and sour cream. Add cucumber and onion; toss to coat.

### Per serving:

Calories 38  
Carbohydrates 6g  
Protein 2g  
Fat 1g  
Dietary Fiber 1g

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