

Cucumber Salad

Refreshing Cucumber and Onion Salad

Introduction: Embrace the flavors of summer with our Refreshing Cucumber and Onion Salad. Made with crisp cucumbers, vibrant red onions, and a tangy-sweet dressing infused with garlic and dill, this simple yet delightful salad is perfect for any occasion. Whether you're hosting a backyard barbecue or looking for a quick and easy side dish, this recipe is sure to impress.

Ingredients:

- 3 cucumbers
- 1/2 red onion
- 1/2 cup apple cider vinegar or white vinegar
- 1/4 cup olive oil
- 2 tablespoons honey or a few drops of stevia
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 2 tablespoons fresh dill, chopped

Instructions:

1. Prepare the Vegetables:

- Cut the cucumbers in half lengthwise, then slice them thinly.
- Thinly slice the red onion.

2. Assemble the Salad:

- Place the sliced cucumbers and onions in a medium-sized bowl.

3. Make the Dressing:

- In a separate small bowl or measuring cup, whisk together the apple cider vinegar, olive oil, honey (or stevia), salt, pepper, garlic powder, and chopped fresh dill to create the dressing.

4. Combine and Chill:

- Pour the dressing over the cucumbers and onions in the bowl, stirring until all the vegetables are well coated with the dressing.
- Cover the bowl and refrigerate for at least two hours to allow the flavors to meld together.

5. Serve and Enjoy:

- Once chilled, give the salad a quick stir, then serve and enjoy its refreshing flavors.
- This cucumber and onion salad pairs particularly well with grilled meats and other summer dishes, making it a versatile and crowd-pleasing side dish.

Notes:

- Feel free to adjust the sweetness of the dressing by adding more or less honey or stevia according to your taste preferences.
- For added color and flavor, consider adding cherry tomatoes or bell peppers to the salad, if desired.