

Healthy Recipe: Cucumber & Dill Salad

This light and crunchy salad is a perfect accompaniment to fish or spicy dishes.

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Few things are more refreshing than this light crunchy Cucumber & Dill Salad. Serve it as a side to perk up [Basic Poached Salmon](#), or to provide some cool crunch with a spicier dish.

15 min prep

4 servings

Ingredients

1 medium shallot or ½ red onion, sliced very thin

1/4 cup white wine vinegar

1 English cucumber, peeled

Salt, to taste

⅓ cup chopped fresh dill

Directions

1. In a medium bowl mix together the vinegar and onions. Let sit for 1 hour.
2. Cut the cucumber into quarters lengthwise and remove the seeds. Then cut them into ¼-inch thick slices. Sprinkle the cucumber with salt and add to the onions. Mix in the chopped dill. Chill for 30 minutes, then serve.

Nutrition (per serving)

Calories: 27; fat: 0g; saturated fat: 0g; polyunsaturated fat: 0g; monounsaturated fat: 0g; carbohydrates: 6g; sugar: 3g; fiber: 1g; protein: 1g; sodium: 284mg

Registered Dietitian Approved

All our recipes are created by chefs and reviewed by our oncology-trained staff Registered Dietitian, Kate Ueland, MS, RD, to ensure that each is backed with scientific evidence and meets

the standards set by the [Academy of Nutrition and Dietetics](#).

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<http://beta.docker.tusaludmag.com/article/healthy-recipe-cucumber-dill-salad>