

## REFRESHING CUCUMBER DILL SALAD

### *Ingredients:*

4 medium cucumbers, sliced  
1 small bunch of dill, chopped finely  
1 small red onion, cut into thin rings  
1 tsp sesame seeds, toasted

### *The dressing:*

2 Tbsp sunflower oil  
1 tsp lemon juice  
1 tsp balsamic vinegar (or apple cider vinegar)  
1 garlic clove, minced  
1 tsp sugar  
Pepper  
Salt

### *Instructions:*

- Whisk all the ingredients for the salad dressing.
- In a medium bowl, combine the cucumber, dill, onion and sesame seeds.
- Pour the dressing and mix well.
- Allow vegetables to marinate in the dressing before serving (a few minutes). Serve chilled.

Serves 2

**Tip: add steamed asparagus to this salad. Substitute dill with parsley or cilantro. Add chickpeas for a lunch entrée.**



### **Good to know**

Cucumbers are a healthy snack choice. Serve with dip, cheese cubes, or in a salad. Throw a few cucumber slices and lemon in cool water to enjoy a refreshing drink on a hot summer day.