

# Cucumber Salad

Author: Amber Gibson



Yields: 8 servings  
Serving Size: 82.5 g  
0.8g protein per serving  
36 calories per serving

## Ingredients:

- 620 g Peeled and thinly sliced cucumber, about 2 large cucumbers
- 2 tsp Salt, Table
- 12 g Diced white or yellow onion
- 2 fl.oz. Cambrooke Cream Cheese, room temperature
- 1/4 c Sour Cream
- 1 tsp Lemon zest, fresh, about one lemon's worth
- 4 tsp Lemon Juice, about one lemon's worth of juice
- 5 sprig(s) Dill Weed, fresh, finely chopped
- 1/2 tsp Sugar, White Granulated

## Directions:

1. Place the thinly sliced cucumbers into the colander. Add the 2 teaspoons of salt to the cucumbers and gently toss. Allow to sit for 30 minutes.
2. In a medium bowl add the onion, cream cheese, sour cream, lemon zest, lemon juice, dill, and sugar. Gently whisk to combine and set aside.
3. After sitting for 30 minutes, pat the cucumbers dry with a paper towel. You do not want too much moisture in the final product. Add the cucumbers to the sour cream mixture and gently toss to coat. Place into a container with a lid and seal. Refrigerate until cold, or up to overnight to allow flavors to meld. Serve cold