

Quick Cucumber Salad Recipe

Ingredients

- 2-3 Fresh Cucumber
- 1 c. Red Onion
- 3-4 Sprigs of Dill
- 1/4 c. White Wine Vinegar
- 2-3 packets of Stevia (or to taste)



1. Our first step is to slice up the cucumbers. I like mine peeled, so that's my first step, but you can live the skin on, if you're into that. I cut them in half length-wise before slicing them thinly and putting them in a mixing bowl.
2. Next we're going to slice up our red onion. I like mine sliced very thin so the onion hit isn't so intense within the salad once it's all together, especially since they're raw. Once you have those ready to go, mix them in with the cucumbers.
3. Next is the dill – chop it up finely and mix in with the cucumbers and onions (Still with me? It's easy, I know).
4. Mix together vinegar and stevia. Once that's done — pour it over the cucumber/onion/dill mixture and stir.
5. Once you have the dressing evenly distributed throughout the salad, you'll want to transfer it from the bowl to a Tupperware container with a tight-fitting lid. This salad tastes best after it's had some to chill (we all need time to chill, right?) and integrate all of the flavor. When I take this out of the fridge to eat, I always give it a good shake to make sure the dressing is redistributed, as it has a tendency to settle at the bottom. This is why you'll be happy you have a tight-fitting lid ☺

