

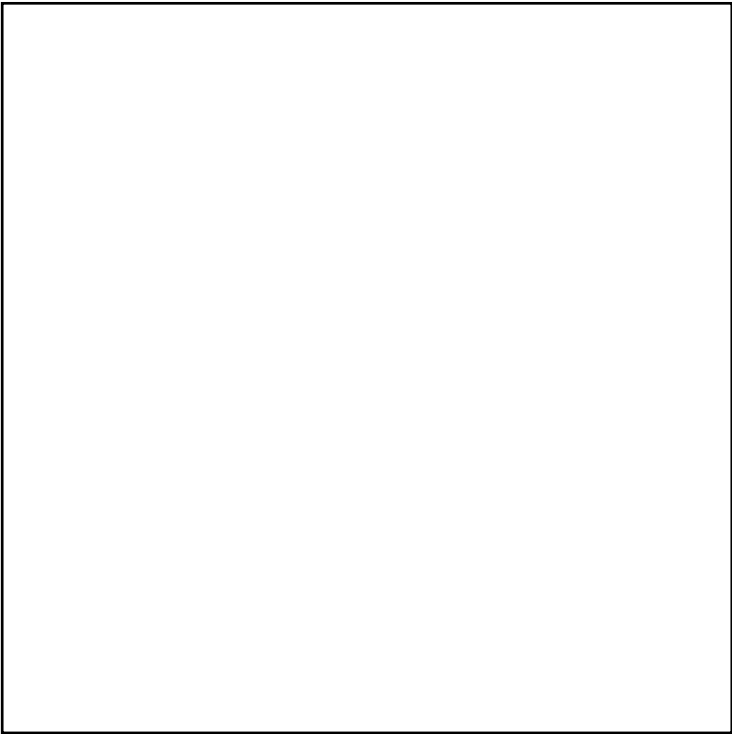
Simple Fresh Cucumber Salad

Mediterranean

A light, refreshing cucumber salad with lemon and olive oil. Crisp, hydrating, and easy on digestion.

Ingredients:

- * 2 medium Cucumbers (Thinly sliced; En...)
- * 1 tablespoon Extra-virgin olive oil
- * 1 tablespoon Lemon juice or red wine vinegar (Fresh lemon recom...)
- * 1/4 teaspoon Salt (Adjust to taste)
- * Black pepper (To taste)
- * 1 tablespoon Fresh dill or parsley (Optional)
- * 1 tablespoon Red onion (Thinly sliced, op...)



Instructions:

1. Thinly slice the cucumbers and place them in a bowl.
2. Add olive oil, lemon juice or vinegar, salt, and pepper.
3. Toss gently until evenly coated.
4. Let sit for 5–10 minutes to lightly marinate.
5. Add herbs or onion if using and serve.

Servings: 2 | Serving size: 1 cup | Calories: 80 | Protein: 1g