SPANISH · SIDE

Creamy Cucumber Tomato Salad with Yogurt Dressing

15 min · Serves 4 · 119 kcal a serve · Video 5:52 · Spain on a Fork

Vegetarian · Gluten-free ingredients · No nuts listed

Under 8 g net carbs and about 120 kcal a serve: cucumber, cherry tomatoes and red onion in a low-fat Greek yogurt, Dijon, dill and chive dressing. For DASH, salt the cucumber lightly and add no more.

Diet notes: Low carb (7.8 g net carbs) but not keto: 58% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.3 g, 9.8% of the energy); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 11 · SERVES 4

- [ ] 1 **English cucumber**, sliced into ½ inch rounds
- [ ] 2 cups **cherry tomatoes**, halved
- [ ] 1 small **red onion**, thinly sliced
- [ ] ½ cup **low-fat plain Greek yogurt**
- [ ] 1 tsp **Dijon mustard**
- [ ] 1 **garlic** clove, finely grated
- [ ] ½ tsp **dried dill**
- [ ] 2 tbsp chopped **chives**
- [ ] 2 tsp (2 tsp) **lemon juice**
- [ ] 2 tbsp (2 tbsp) extra **virgin olive oil**
- [ ] **sea salt** to taste (some for drawing water from the cucumber) and black pepper

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the cucumber into ½ inch rounds, lay them on paper towel, sprinkle both sides with salt and leave 5 minutes to draw out the water. 0:55
2. In a large bowl whisk the yogurt with the mustard, grated garlic, dill, chives, lemon juice, a little salt and plenty of black pepper. 1:30
3. Keep whisking while you slowly pour in the olive oil. 2:34
4. Halve the cherry tomatoes and thinly slice the red onion, and add both to the dressing. 2:53
5. Pat the cucumber dry, wiping off any excess salt, cut the rounds in half and add them. Season with pepper (it needs no more salt) and fold together. Serve at room temperature or chilled. 3:21

> **Tip** Salting the cucumber first keeps the dressing thick instead of watery; it keeps 3–4 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
119 kcal 500 kJ	4.8 g 10% of a day	9.6 g 7.8 g net · 5.4 g sugars 3% of a day

FIBRE	FAT	SODIUM
1.8 g 6% of a day	7.7 g 1.3 g saturated 10% of a day	420 mg 18% of a day

Energy from net carbs 26% · protein 16% · fat 58%

High in (20%+ of a day) Vitamin K 23%

Source of (10–19%) Vitamin C 18% · Vitamin E 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=HAAbTtmLwEg. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/creamy-cucumber-tomato-yogurt-salad