

# Cucumber and Dill Salad

## Nutritional benefits

Cucumbers are a great source of vitamin K, and water makes them a great food choice for hydration

## Ingredients

- 1/4 cup white wine vinegar
- 2 tablespoons olive oil
- 2 teaspoons granulated sugar
- 1 1/4 teaspoons flaky sea salt, plus more as needed
- Freshly ground black pepper
- 2 pounds cucumbers (about 4 medium)
- 1/4 cup chopped fresh dill

## How to prepare

Rinse well with cold water.

Repeat again with clean water if necessary. Cut tips off of ends before eating.

## Instructions

1. Place the vinegar, oil, sugar, salt, and a few grinds of pepper in a large bowl and whisk to combine.
2. Slice the cucumbers into 1/8-inch-thick rounds. Place them in the bowl, add the dill, and toss to combine.
3. Cover and refrigerate for at least 30 minutes or overnight to allow the flavors to come together. Taste and season with more salt and pepper as needed before serving.

