

Long Livo

Cucumber Snack – Quick & Easy Fresh Bite

10 min Prep time	**10 min** Total time	**2** Servings
Easy Difficulty	**American** Cuisine	

Ingredients

Main Ingredients

- [ ] 2 large cucumbers, thinly sliced
- [ ] 1 tablespoon fresh lemon juice
- [ ] 1/2 teaspoon sea salt
- [ ] 1 teaspoon extra-virgin olive oil
- [ ] 1 tablespoon chopped fresh dill or mint

Optional Extras

- [ ] Pinch of chili flakes
- [ ] Lemon zest, for extra aroma

Instructions

1. Wash cucumbers, trim the ends, and slice them into thin rounds, about 1/8-inch thick.
2. Place the slices in a bowl, sprinkle with sea salt, and let sit for 2 minutes to draw out excess moisture.
3. Pat the cucumber dry with a paper towel, then drizzle lemon juice and olive oil over them.
4. Add chopped dill or mint, toss gently to coat, and season with a pinch of chili flakes if desired.
5. Serve immediately on a chilled plate, or refrigerate for up to 30 minutes for a colder bite.

Nutrition per serving

45 kcal	1 g	6 g	2 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cucumbers are very watery, sprinkle with extra salt and let them drain longer.
- For a sweeter note, add a thin drizzle of honey before serving.
- Use a mandoline for uniform slices and a tidy presentation.