Chilled Salmon over Crisp Cucumber with Dill Dressing

A light, refreshing salad featuring tender chilled salmon on crunchy cucumber slices, topped with a zesty dill dressing—perfect for a healthy, low-carb meal.

Servings: 2 **Time:** 40 minutes

Ingredients

- 8 oz fresh salmon fillet
- 1 large cucumber
- 2 tbsp fresh dill, finely chopped
- 2 tbsp Greek yogurt
- 1 tbsp lemon juice
- 1 tsp olive oil
- 1/2 tsp Dijon mustard
- 1/4 tsp garlic powder
- Salt and pepper to taste

Instructions

1. Preheat the oven to 375°F. Place the salmon fillet on a lined baking sheet, season with salt and pepper, and bake for 12-15 minutes or until cooked through.
2. Remove salmon from oven, let cool completely, then chill in the refrigerator for at least 20 minutes.
3. While salmon chills, wash and thinly slice the cucumber. Arrange slices evenly on two serving plates.
4. In a bowl, whisk together Greek yogurt, lemon juice, olive oil, Dijon mustard, garlic powder, chopped dill, salt, and pepper until smooth.
5. Flake the chilled salmon into bite-sized pieces and distribute evenly over the cucumber slices.
6. Drizzle the dill dressing over the salmon and cucumber just before serving.

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