

Easy Low-Carb Veggie Ranch Salad

Hands-on 10 minutes Overall 40 minutes

Nutritional values (per serving): Total carbs: 4.9 g, Fiber: 1.3 g, **Net carbs: 3.5 g,**

Protein: 1.2 g, Fat: 7.9 g, Calories: 93 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 8 side servings)

Salad:

- 2 lbs English cucumbers, cut into half moons (900 g)
- 1 tbsp sea salt
- 1 medium red onion, thinly sliced (100 g/ 3.5 g)
- 3 roma tomatoes, seeded and cut into half moons (185 g/ 6.5 oz)
- 2 sprigs of fresh dill
- 1 recipe super easy ranch dressing - *recipe below*

Super easy ranch dressing:

- 1/3 cup paleo mayonnaise (75 g/ 2.7 oz) - *you can make your own mayo*
- 1 tbsp lemon juice (15 ml)
- 1 tsp dried parsley
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp dried dill
- 1/2 tsp dried chives
- 1/4 tsp black pepper
- 1/4 tsp sea salt

Instructions

1. Cut the cucumber and place in a colander over the sink or a bowl. Sprinkle with salt and allow to drain for 30 minutes. *Note: Don't worry, the cucumbers won't be too salty. Most of the salt will drip down with the juices into the colander.*
2. Slice the red onion.
3. Slice the tomatoes.
4. Rinse the cucumber, pat dry, then place in a bowl or serving platter with the red onion, tomatoes, and fresh dill.
5. In a small jar or bowl whisk together the ranch dressing ingredients.

6. Drizzle the salad with ranch and serve. Store covered in the refrigerator for up to 3 days.

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