Description: Refresh your meal routine with this ultra-creamy cucumber bacon and hard-boiled egg salad. Crisp, hydrated cucumbers pair with smoky bacon bits and nutrient-dense hard-boiled eggs in a smooth, herb-infused dressing. It delivers a rich, crunchy, and velvety texture in every bite while fitting effortlessly into low-carb and high-protein fitness plans!

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Can This Creamy Cucumber Bacon & Hard-Boiled Egg Salad Support Weight Loss Goals?

Yes, this salad supports weight loss goals by combining high-volume, low-calorie cucumbers with high-satiety protein and healthy fats. Protein from hard-boiled eggs and Greek yogurt digest slowly, helping control appetite and curb unnecessary snacking between meals. By replacing heavy mayo with protein-packed Greek yogurt, you maintain a rich taste profile while controlling total calories.

Does Creamy Cucumber Bacon & Hard-Boiled Egg Salad Fit a High Protein Lifestyle?

This recipe fits exceptionally well into a high-protein lifestyle by featuring whole eggs, crisp bacon, and a Greek yogurt dressing base. Each serving provides a robust dose of protein paired with healthy fats, ensuring your body receives essential amino acids for muscle

maintenance. With minimal net carbs per portion, it integrates smoothly into keto, low-carb, and fitness-focused nutrition regimens without compromising on flavor.

My Personal Experience

- Satisfying Crunch and Creaminess Balance: The contrast between crisp sliced cucumbers and soft hard-boiled eggs coated in creamy dressing makes every forkful incredibly enjoyable. Smoky bacon adds an irresistible savory depth that makes healthy eating feel indulgent.

- Quick Assembly with Pre-Cooked Prep: Using pre-boiled eggs and cooked bacon allows you to toss this entire salad together in under 10 minutes. It holds up remarkably well for quick high-protein lunches during busy workdays.

Perfect For:

- Quick high-protein lunches and meal prep

- Low-carb side dishes for summer barbecues and keto diet plans

- Satisfying high-protein snacks after workouts

Why You’ll Love This Recipe:

- Protein-Packed Satiety: Combines hard-boiled eggs and Greek yogurt to keep you full and energized for hours.

- Refreshed Low-Carb Flavor: Delivers bold savory bacon and dill flavors with virtually zero heavy carbohydrates or sugar.

- Simple Everyday Ingredients: Uses budget-friendly kitchen staples that require minimal active cooking time.

Common Mistakes to Avoid:

1. Skipping the Cucumber Draining Step: Unsalted cucumbers release excess moisture, turning the creamy dressing watery within hours.

2. Overcooking the Hard-Boiled Eggs: Boiling eggs too long creates rubbery whites and gray, dry yolks; cook just until firm.

3. Adding Hot Bacon to the Greens: Mixing scorching-hot bacon into cold cucumbers and yogurt breaks the creamy dressing consistency.

4. Using Ultra-Thin Cucumber Slices: Slicing cucumbers too thin causes them to lose their crisp crunch under heavy dressing.

Required Equipment:

- Mandoline or Chef’s Knife: Ensures uniform cucumber slice thickness for consistent crunch in every bite.

- Large Mixing Bowl: Allows easy tossing of ingredients without mashing the delicate egg yolks.

- Colander: Drains excess liquid from salted cucumber slices to keep the dressing thick and creamy.

- Slotted Spoon: Gently folds hard-boiled egg slices into the dressing without breaking them apart.

Storage Instructions:

Store leftover salad in an airtight glass container in the refrigerator for up to 3 days. Because cucumbers naturally release water over time, stir gently before serving to redistribute the creamy dressing. This recipe is not suitable for freezing, as freezing ruins the texture of both fresh cucumbers and cooked egg whites.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 10 minutes (for eggs and bacon)
- Total Time: 25 minutes
- Servings: 4 servings
- Best Season for This Recipe: Summer (All-Season friendly)
- Total Calories (Per Serving): Approximately 290 kcal

A refreshing, high-protein salad loaded with crisp cucumbers, smoky bacon, and hard-boiled eggs. Dressed in a tangy, low-carb Greek yogurt sauce infused with fresh dill and garlic. Perfect for quick lunches, keto prep, or healthy summer sides.

 Ingredients:

- 2 Large English Cucumbers: Sliced into ¼-inch rounds (*Note: English cucumbers have thinner skin and fewer seeds*).
- 6 Large Eggs: Hard-boiled and chopped.
- 6 Strips Thick-Cut Bacon: Cooked crispy and crumbled.
- ½ cup Plain Non-Fat or Low-Fat Greek Yogurt: *Note: Replaces mayonnaise to boost protein content.*
- 2 tbsp Mayonnaise: Adds rich mouthfeel to the dressing.
- 1 tbsp Fresh Dill: Chopped finely.
- 1 tbsp Lemon Juice: Freshly squeezed.

- ½ tsp Garlic Powder
- ½ tsp Salt: Plus extra for draining cucumbers.
- ¼ tsp Black Pepper

Directions:

1. Prep & Drain Cucumbers: Slice cucumbers, place in a colander, toss with ½ tsp salt, and let drain for 10 minutes; pat dry with paper towels to eliminate excess water.
2. Boil & Cool Eggs: Place eggs in a pot of cold water, bring to a boil, cover, and remove from heat for 10 minutes; transfer to an ice bath, peel, and chop (*Timing tip: 10 minutes yields firm yet creamy yolks*).
3. Crisp Bacon: Cook bacon in a skillet over medium heat for 6–8 minutes until golden and crispy; drain on paper towels and chop once cool.
4. Whisk Dressing: In a mixing bowl, combine Greek yogurt, mayonnaise, fresh dill, lemon juice, garlic powder, salt, and black pepper until smooth (*High-protein tip: Using Greek yogurt instead of all mayo adds 12+ grams of protein to the bowl*).
5. Combine & Fold: Add dried cucumber slices, chopped eggs, and crumbled bacon into the dressing bowl; fold gently using a spatula until evenly coated.
6. Chill & Serve: Refrigerate for 15 minutes to allow flavors to meld, then serve cold.

Nutrition Facts (Per Serving – Approximate):

- Calories: 290 kcal
- Fats: 20 g
- Cholesterol: 305 mg

- Sodium: 520 mg
- Potassium: 380 mg
- Total Carbohydrates: 5 g
- Fiber: 1 g
- Net Carbs: 4 g
- Sugars: 3 g
- Protein: 21 g
- Calcium: 110 mg

Notes:

- Storage & Reheating: Refrigerate in a sealed container for up to 3 days; do not heat or freeze.
- Allergy Notes: Gluten-free; contains eggs and dairy (Greek yogurt). Use dairy-free Greek yogurt alternative for dairy sensitivities.
- Flavor Boosts: Add 2 tablespoons of finely chopped red onion or chives for an extra savory bite.