

Asian Cucumber Salad

Ingredients

- 2 cucumbers, peeled
- 1 $\frac{1}{2}$ tsp sea salt
- 2 Tbsp soy sauce
- 2 Tbsp sugar
- 3 Tbsp rice wine vinegar
- 2 cloves of garlic, minced

Directions

1. Peel cucumbers; cut in half lengthwise and scoop out seeds. Dice cucumbers.
2. Place cucumbers in colander and sprinkle with sea salt. Let stand for about 20 minutes.
3. In a large bowl, whisk soy sauce, sugar, rice wine vinegar, and minced garlic together to create a marinade.
4. After 20 minutes, squeeze excess liquid from cucumbers. Add cucumbers to the bowl. Stir to cover cucumbers with marinade.
5. Cover bowl with a lid or plastic wrap. Let sit for an additional 20 minutes to soak in marinade, stir frequently

Handling & Storage

Store cucumbers in a plastic bag for up to 1 week in the refrigerator.

When ready to use, scrub cucumbers under cold running water. Some cucumbers from the grocery store may be waxed to help retain moisture during transportation, but will not come off with water. In this case, peel the cucumber, otherwise follow the recipe directions.

Nutritional Information

Calories: 59

Total Fat: 0.2 g

Saturated Fat: 0.1 g

Trans Fat: 0.0 g

Cholesterol: 0 mg

Sodium: 1156 mg

Total Carbohydrates: 12.6 g

Dietary Fiber: 0.8 g

Sugars: 8.7 g

Protein: 1.6 g

Serves 4