

SOY SESAME MARINATED CUCUMBER SALAD

FUNCTIONAL FOODS

Serving size: 1/2 cup

Makes 8 servings

- 3 TBSP Rice Vinegar
- 1 tsp Sugar
- 1 tsp Hot Chili Oil
- 1 tsp Sesame Oil
- 1 tsp Garlic Cloves, minced
- 3 TBSP Low Sodium Soy Sauce
- 2 Cucumbers, sliced
- 1/4 cup Cilantro, chopped
- 1 tsp Black Sesame Seeds
- 1 TBSP Green Onions, chopped

Preparation:

1. In a bowl, whisk together rice vinegar, sugar, chili oil, sesame oil, garlic, and soy sauce.
2. Toss sliced cucumbers with soy dressing. Garnish with cilantro, scallions, and sesame seeds before serving.



NUTRITION FACTS PER SERVING

calories	30
total fat (g)	2
saturated fat (g)	0
sodium (mg)	170
total carbohydrate (g)	3
dietary fiber (g)	1
added sugar (g)	2
protein (g)	1

Note: You may also use regular sesame seeds in place of black sesame seeds.



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