

KOREAN CUCUMBER SESAME SALAD FIT

Serving size: ½ cup

Makes 6 servings

- 1 ½ tsp Sesame Oil
- 1 ½ tsp Rice Wine Vinegar, unseasoned
- 1 ½ tsp Gochujang (Korean Hot Red Chili Paste)
- 1/8 tsp Kosher Salt
- 1 ½ tsp Granulated Sugar
- ½ tsp Black Sesame Seeds
- 3 medium Cucumbers, peeled, sliced
- ¼ cup Green Onion, sliced thin
- 1 tsp Cilantro, fresh, chopped

Preparation:

1. In medium bowl, mix sesame oil, rice wine vinegar, gochujang, Kosher salt, granulated sugar, and black sesame seeds. Mix until uniform.
2. Add sliced cucumbers, scallions, and chopped cilantro in dressing mixture until evenly coated.
3. Refrigerate salad for at least 10 minutes and serve cold.



NUTRITION FACTS PER SERVING

calories	30
total fat (g)	1
saturated fat (g)	<1
sodium (mg)	70
total carbohydrate (g)	4
dietary fiber (g)	1
added sugar (g)	1
protein (g)	<1