



ASIAN *Cucumber* SALAD

INGREDIENTS

- 2 English cucumbers washed & spiralized (or thinly sliced)
- 1/2 tsp salt
- 1/2 inch fresh ginger peeled
- 1 clove garlic peeled
- 1/4 cup unseasoned rice vinegar
- 1 tbsp tamari
- 1 tbsp toasted sesame oil
- 1 tbsp maple syrup
- 1/2 tsp crushed red pepper
- sesame seeds as garnishment

DIRECTIONS

- Wash and spiralize the cucumbers. If you don't have a spiralizer, then you can simply thinly slice the cucumbers.
- Add the cucumbers to a colander and sprinkle with salt. Leave the colander in the sink and allow to sit for 30 minutes. The salt will help the cucumbers shed water.
- Rinse the cucumbers and pat dry with a clean towel.
- Add the ginger, garlic, rice vinegar, tamari, sesame oil, maple syrup and crushed red pepper to a mini food processor and blend until smooth.
- Combine the cucumbers and dressing. Serve immediately, sprinkling with sesame seeds.

Serves 2

Cook Time 30