



Cucumber Salad

Ingredients:

- 2 medium English cucumbers
- 1 tablespoon of minced red onion
- ½ teaspoon kosher salt
- 1 ½ teaspoon sugar
- 2 teaspoon soy sauce
- 2 teaspoon rice vinegar
- 1 teaspoon sesame oil
- 1 tablespoon toasted sesame seeds
- Red pepper flakes, to taste

Instructions:

1. Using a meat mallet or rolling pin, smash the cucumbers, then slice into bite-size pieces and transfer to a large bowl.
2. Add the red onion, salt, and sugar, and toss to combine.
3. In a small bowl, combine soy sauce, rice vinegar, and sesame oil.
4. Drizzle the dressing over the cucumbers, then toss to coat.
5. Garnish with toasted sesame seeds and red pepper flakes.

Variations:

- Add lime juice at the end to add a lemony and juicy flavor.
- Instead of smashing cucumbers cut into desired shapes to make a fun salad!

Prep Time: 15 minutes

Cooking Time: 0 minutes

Equipment:

- Bowl
- Knife
- Rolling pin
- Cutting board

Servings: 5

Serving Size: ½ cup



Nutrition Facts:	56	2 g	0g Saturated	9g	1g	1g
	Calories,	Fat,	Fat,	Carbohydrates,	Protein,	Fiber,
	4g	500mg				
	Sugar,	Sodium.				

Check out our blog at www.cookingoncampus.arizona.edu to find past recipes and a list of upcoming classes!
 For more info about nutrition and what to eat on campus, go to www.health.arizona.edu, click Health Promotion, then Nutrition.

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