

JAPANESE CUCUMBER SALAD

★★★★★ 5 FROM 12 VOTES

This healthy and refreshing **Japanese Cucumber Salad recipe** is simple to throw together and packed with a ton of flavor despite its simple ingredients.

SERVINGS: 4 PREP TIME: 5 MINS COOK TIME: 0 MINS
TOTAL TIME: 5 MINS



INGREDIENTS

3 mini Persian cucumbers, sliced (about 3 cups)
2 tbsp low sodium soy sauce
2 tbsp rice vinegar
1 tsp sesame oil
1 tsp light brown sugar, or more if you like it sweeter
1 clove garlic, minced
1/4 tsp crushed red pepper flakes, or more if you like it spicy
sesame seeds

INSTRUCTIONS

1. Combine soy sauce, rice vinegar, sesame oil, sugar, garlic and crushed red pepper flakes in a small bowl. Whisk to combine.
2. Pour asian dressing on to the cucumbers and toss to combine. Serve with extra crushed red pepper flakes on top and sesame seeds for garnish!

NUTRITION INFORMATION

CALORIES: 47KCAL CARBOHYDRATES: 7G PROTEIN: 2G FAT: 1G SATURATED FAT: 1G
SODIUM: 274MG POTASSIUM: 327MG FIBER: 2G SUGAR: 4G VITAMIN A: 199IU VITAMIN C: 7MG
CALCIUM: 36MG IRON: 1MG