



grounded
HEALTH & WELLNESS

CUCUMBER SESAME SALAD

Adapted from Good Dinner Mom

Prep time: 10 minutes

Servings: 5

Ingredients

2 medium cucumbers, ideally English or Persian

1 Tbsp rice vinegar

1 Tbsp sesame oil

2 tsp coconut aminos (if gluten is ok, sub 2 tsp soy sauce + 1 tsp honey)

½ tsp salt

1 tsp white sesame seeds

Crushed red pepper flakes, to taste

Directions

1. Peel the cucumbers if desired, then slice them into very thin rounds. Place the slice on a paper towel to remove some of the moisture.
2. Lightly toast the sesame seeds in a toaster over or on the stove, watching carefully so they don't burn or brown too deeply. Transfer to a plate or bowl to cool.
3. In a medium bowl, whisk together the rice vinegar, sesame oil, coconut aminos, salt, sesame seeds and crushed red pepper, if desired.
4. Add cucumbers and toss to coat. Serve with Asian Best eaten within a few hours but will keep in the frig for up to 4 days.