

From: Eating Well http://www.eatingwell.com/recipes/japanese_cucumber_salad.html

Japanese Cucumber Salad

From EatingWell: [June/July 2005](#) [Download Your FREE Slow-Cooker Cookbook!](#)

This Japanese inspired cool, crisp salad is as elegant and well balanced as it is simple.



4 servings, about 1 cup each

Active Time: 15 minutes

Total Time: 15 minutes

NUTRITION PROFILE

[Diabetes appropriate](#) | [Low calorie](#) | [Low carbohydrate](#) | [Low cholesterol](#) | [Low saturated fat](#) | [Low sodium](#) | [Heart healthy](#) | [Healthy weight](#) | [Gluten free](#) |

[View Our Nutrition Guidelines »](#)

INGREDIENTS

- 2 medium cucumbers, or 1 large English cucumber
- 1/4 cup rice vinegar
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 2 tablespoons sesame seeds, toasted (see Tip)

PREPARATION

1. Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture.
2. Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.

TIPS & NOTES

- **Tip:** To toast sesame seeds, heat a small dry skillet over low heat. Add sesame seeds and stir constantly until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool.

NUTRITION

Per serving: 46 calories; 2 g fat (0 g sat , 0 g mono); 0 mg cholesterol; 4 g carbohydrates; 1 g protein; 1 g fiber; 147 mg sodium; 137 mg potassium.

Nutrition Bonus: Iron (35% daily value).

Exchanges: 1 vegetable, 1/2 fat



[Download Your FREE Healthy Lunch Cookbook!](#)