

## Japanese-Style Cucumber Salad (Sunomono)



- 2 teaspoons sesame seeds
- 2 English cucumbers
- 2 teaspoons salt
- 1/3 cup rice vinegar
- 1 tablespoon sugar
- 1/2 teaspoon low sodium soy sauce
- 1 teaspoon fresh ginger root, grated
- 1/4 cup shredded carrot

1. Toast sesame seeds in a 325°F oven until lightly browned. Set aside.
2. Slice cucumbers very thinly with a knife or mandolin. Place in colander over a bowl. Sprinkle with salt and mix well. Allow to sit 30 minutes.
3. In a small bowl combine vinegar, sugar, soy sauce and ginger.
4. Rinse cucumbers in cold water to remove excess salt. Drain well then gently squeeze in a clean towel to remove additional water.
5. Toss cucumbers with dressing. Cover and refrigerate at least one hour or until thoroughly chilled.
6. Serve in individual small bowls topped with shredded carrots and toasted sesame seeds.

Serves 6.

Nutrition Facts		
Servings per recipe: 6		
<b>Calories 32</b>	Calories from fat 9	
	% Daily Value	
<b>Total Fat</b> 1g		1%
Saturated Fat	trace	0%
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 729mg		30%*
<b>Carbohydrate</b> 6g		2%
Dietary Fiber	2g	6%
<b>Protein</b> 2g		3%
Vitamin A: 34%	Vitamin C: 11%	Folacin: 0%
Calcium: 2%	Iron: 1%	Potassium: 1%

\*Sodium content does not reflect discarded salt included in soaking water. Actual sodium content will be less.