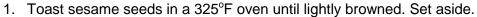
Japanese-Style Cucumber Salad (Sunomono)

- 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



- 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 | | | | |
| Calories 32 | Calori | es from fat 9 | | |
| | | % Daily Value | | |
| Total Fat 1g | | 1% | | |
| Saturated Fat | trace | 0% | | |
| Cholesterol Omg | | 0% | | |
| Sodium 729mg | | 30%* | | |
| Carbohydrate 6g | | 2% | | |
| Dietary Fiber | 2g | 6% | | |
| Protein 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.

