



ASIAN CUCUMBER SALAD

INGREDIENTS

- 2 cucumbers, washed
- 1-2 cloves garlic, minced
- 2 tsp. sesame oil
- 1-2 tbsp. rice vinegar, seasoned or plain
- 2 tsp. toasted sesame seeds
- 1 tsp. chili flakes

DIRECTIONS

1. Cut **cucumbers** into rounds or sticks.
2. Sprinkle minced **garlic** over cucumber and drizzle with **sesame oil** and **rice vinegar**.
3. Sprinkle with **sesame seeds** and **chili flakes**.
4. Serve immediately or chill in the refrigerator for up to 3 days.

SERVES 2-4

TOOLS & EQUIPMENT

Knife, measuring spoons, plate, cutting board

GREAT ADDITIONS/SUBSTITUTIONS

For an extra bit of crunch and a protein boost, add roasted peanuts. Toast on a sheet pan at 350°F until light golden brown.

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