

Japanese Cucumber Salad

From www.eatingwell.com

2 medium cucumbers

¼ cup rice vinegar

1 tsp sugar

¼ tsp salt

2 Tbsp sesame seeds, toasted

- 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.
- 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.
- Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.



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