

Chilled Japanese Cucumber Salad

Ingredients:

- 2 medium cucumbers
- ¼ cup rice vinegar
- 1 tsp. sugar
- ¼ tsp. salt
- ¼ tsp. chili garlic sauce
- 2 tbsp. sesame seeds, toasted
- 1 medium bell pepper, seeded and cut julienne style



Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 4

Amount Per Serving

Calories 60 Calories from Fat 15

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 5g	

Protein 2g

Vitamin A 30% • Vitamin C 110%

Calcium 2% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Directions:

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