

## **Chilled Japanese Cucumber Salad**

## **Ingredients:**

2 medium cucumbers

<sup>1</sup>/<sub>4</sub> cup rice vinegar

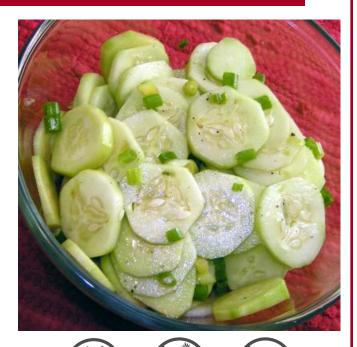
1 tsp. sugar

<sup>1</sup>/<sub>4</sub> tsp. salt

1/4 tsp. chili garlic sauce

2 tbsp. sesame seeds, toasted

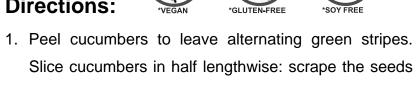
1 medium bell pepper, seeded and cut julienne style



## 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% 7% Sodium 170mg 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 Calories: Total Fat 65g 20g 80g 25g 300mg Less than Saturated Fat Less than Cholesterol Less than 300ma 2,400mg 2,400mg Sodium Less than Total Carbohydrate 300g 375g 25g **Dietary Fiber** 30g Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

## **Directions:**

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.

For more information contact The Living Whole Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.