Chinese Cucumber Salad

Ingredients

- 2 English or seedless cucumbers
- 3 cloves garlic, minced
- 2 Tbsp rice vinegar
- 2 Tbsp soy sauce
- 1/2 Tsp honey
- 1/2 Tsp salt
- 1 Tsp sesame oil

Equipment Needed

- 1 cutting board
- 1 knife
- 1 meat tenderizer
- 1 large bowl
- 1 small bowl
- Measuring spoons

Helpful Tips

- Dry the cucumber with a paper towel to reduce excess water
- Do not add the sauce before the cucumber
- For an extra punch of flavor, add crushed red pepper flakes

Directions

- Place cucumber onto cutting board and use tenderizer to crush it.
- Cut cucumber into bite size pieces and place into large bowl.
- Add garlic onto the cucumber.
- In small bowl, mix vinegar, soy sauce, honey, salt, and sesame oil.
- Pour the sauce over the cucumber.

Nutrition Information Available Upon Request
www.nourishprogram.org