

cucumber & wasabi *Salad*



Serves 6-8

Ingredients

- 1 lb. of Paysanne cucumbers, sliced
- ½ tsp. (3 g) wasabi powder
- ½ tsp. (3 ml) water
- 2 tbsp. (30 ml) rice vinegar
- 1 tbsp. (15 g) sugar
- ¼ tsp. (2 ml) soy sauce
- 1 tsp. (15 g) salt

Method

1. Slice the Paysanne cucumbers and add salt. Let stand for 30 minutes and then drain. With cold water, rinse salt off cucumbers and pat dry.
2. Mix wasabi powder with water.
3. Add vinegar, sugar and soy sauce. Mix until sugar dissolves.
4. Add cucumbers and toss.

Flavor Note

English cucumbers can grow as long as 2 feet. They are almost seedless and have a delicate skin which is pleasant to eat. They are also marketed as “burpless” because the seeds and skin of other cucumber varieties may cause digestive problems.

Nutritional Facts per serving (125 g): Calories 20

Fat 0.2 g (1 %), Saturated Fat 0 g + Trans Fat 0 g (0 %), Cholesterol 0 mg, Sodium 600 mg (25 %), Carbohydrate 5 g (2 %), Fiber 1 g (4%), Sugars 4 g, Protein 1 g, Vit A (0 %), Vit C (6 %), Calcium (2 %), Iron (2 %).

% = % Daily Value



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