

Cucumber Ribbon Salad

NUMBER OF SERVINGS: 6

Ingredients

- Ontario Greenhouse English Cucumber (approx. 12" long) 1
- Rice vinegar ¼ cup (60 mL)
- Sesame oil 1 tsp (5 mL)
- White sugar ½ tsp (2.5 mL)
- Sea salt ¼ tsp (1.25 mL)
- Black sesame for garnish

Directions

1. Trim the ends off the cucumber. Cut the cucumber in half through the centre. Using a vegetable peeler, very sharp knife or mandolin, slice the cucumber lengthwise into thin ribbons. Place in medium bowl.
2. Combine vinegar, sesame oil, sugar and sea salt. Stir well to dissolve sugar.
3. Just before serving, pour the dressing over the cucumber ribbons and toss gently.
4. Place in serving bowl and garnish with sesame seeds.



Ontario produces 75% of the cucumbers grown in Canada.



Great as part of a lunch plate or salad.



"A mandolin would probably be an easier way to cut the cucumber into ribbons. This salad is a nice, refreshing addition to a meal."
– Fred, 84

NUTRITION PER SERVING

Calories 181 | Protein 0.3 g | Fat 1 g | Carbohydrates 2 g | Fibre 0.4 g | Sodium 99 mg

Salads



Recipe
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