



Sesame-Ginger Cucumber Salad

Featured Item: Cucumber

Serving Size: 3/4 cup • Yield 6

Fun Facts:

It takes 12 weeks from planting cucumber seeds to harvesting.

Try It!

Cucumbers are great with dips, on salads, or thinly sliced and added to a sandwich for crunch.

INGREDIENTS

- 2 tablespoons** rice vinegar
- 1 1/2 tablespoons** soy sauce
- 1 tablespoon** olive oil
- 2 teaspoons** minced fresh gingerroot
- 2 teaspoons** sesame oil
- 1 teaspoon** honey
- 1/2 teaspoon** Sriracha chili sauce
- 2** Cucumbers (suggest seedless English cucumbers, but if using cucumbers with seeds simply peel and remove seeds)
- 1 teaspoon** sesame seeds, toasted
- 2-3** thinly sliced green onions



DIRECTIONS

1. For dressing, mix together vinegar, soy sauce, olive oil, ginger, sesame oil and honey.
2. Thinly slice cucumbers or cut crosswise into 3-inch sections and then into julienned strips.
3. To serve, toss cucumbers with sesame seeds and dressing. Sprinkle with green onions

NUTRITION FACTS

Calories: 50
Total Fat: 3g
 Saturated Fat: 0
 Trans Fat: 0
Cholesterol: 0
Sodium: 95mg
Total Carbohydrate: 3.5g
 Dietary Fiber: 0.5g
 Total Sugars: 3g
Protein: 0.5g



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Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

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Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



ASSEMBLE INGREDIENTS:

- Gather cucumber, scallions, rice vinegar, soy sauce, olive oil, ginger, sesame oil, honey, sesame seeds and Sriracha sauce,



PREPARE INGREDIENTS:

- Dice cucumber and scallions,
- Mince ginger.

Note: Recommend using English cucumbers which are seedless and have tender skin. If using cucumbers with seeds, simply peel and remove the seeds.



PREPARE DRESSING AND COMBINE:

- Whisk together vinegar, soy sauce, olive oil, minced ginger, sesame oil, sesame seeds, honey and Sriracha sauce. Combine dressing with cucumbers.



SERVE AND ENJOY!

- Garnish with chopped scallions.