



FEED OUR FUTURE®

Local Foods for Growing Minds



ECE CENTER RECIPE

Sesame-Ginger Cucumber Salad

Featured Item: Cucumber
Serving Size: 0.25 cup • Yield 50

HACCP Process #1:
No Cook

Child Nutrition Credit:
0.25 Cups of Other Vegetable

INGREDIENTS

½ cup, 2 ¾ teaspoon	Rice vinegar
¼ cup, ½ teaspoon	Soy sauce
3 tablespoon, ⅓ teaspoon	Olive oil
2 tablespoon, ¼ teaspoon	Minced fresh gingerroot
2 tablespoon, ¼ teaspoon	Sesame oil
1 tablespoon, ½ teaspoon	Honey
1 ½ teaspoon	Sriracha chili sauce
4 pounds, 11 ounces	Cucumbers
1 tablespoon, ½ teaspoon	Sesame seeds, toasted
¾ cup, 1 ½ teaspoon	Green onions, sliced



DIRECTIONS

1. For dressing mix vinegar, soy sauce, olive oil, minced ginger, sesame oil, honey and Sriracha sauce.
2. Peel and cut cucumber into thin slices or into julienned strips. Recommend using English cucumbers. If using cucumbers with seeds, simply remove the seeds.
3. To serve, toss cucumbers with sesame seeds and dressing. Sprinkle with green onions.
4. Serve 1/4 C

NUTRITION FACTS

Calories: 23
Total Fat: 2g
Saturated Fat: 0
Trans Fat: 0
Cholesterol: 0
Sodium: 49mg
Total Carbohydrate: 2.3g
Dietary Fiber: 0.2g
Total Sugars: 1g
Protein: 0.3g



Scan the code to learn more about Harvest of the Month.

ENJOY!

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

Email ohiofeedourfuture@gmail.com for full nutrition facts.



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ECE FCCH RECIPE

Sesame-Ginger Cucumber Salad

Featured Item: Cucumber
Serving Size: 0.25 cup • Yield 6

HACCP Process #1:
No Cook

Child Nutrition Credit:
0.25 Cups of Other Vegetable

INGREDIENTS

2 1/4 teaspoon	Rice vinegar
1 1/2 teaspoon	Soy sauce
1 1/8 teaspoon	Olive oil
3/4 teaspoon	Minced fresh gingerroot
3/4 teaspoon	Sesame oil
3/8 teaspoon	Honey
1/4 teaspoon	Sriracha chili sauce
9 ounces	Cucumbers
3/8 teaspoon	Sesame seeds, toasted
1 tablespoon, 1 1/2 teaspoon	Green onions, sliced



DIRECTIONS

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