

Side | Snack

Japanese Cucumber Salad

Side Effect: Altered Taste

15 Mins
Prep Time

0 Mins
Cook Time

6
Servings

18 Calories **0g Fat** **4g Carbs** **1g Protein**



Ingredients

6 Servings • **½ Cup Serving Size** **15 Mins Total Time** **Allergens: Soy**

1 English Cucumber, washed and thinly ($\frac{1}{8}$ inch) sliced

¼ Tsp Salt, divided

½ Cup Shredded Carrots, washed

2 Tsp Mirin*

2 Tsp Rice Vinegar

1 Tsp Low-Sodium Soy Sauce 

½ Tsp Sesame Seeds

*Mirin is a sweet cooking wine made of rice. It can be substituted in this recipe for 1 tsp agave nectar.

Allergen Swap

Soy Replace soy sauce with coconut aminos or liquid aminos

Nourishment Note



Cold Foods

Cold foods may be better tolerated when foods don't taste as they normally do.



Soy Sauce

If foods have an "off taste" salty foods, like soy sauce, may be well accepted.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Salt Cucumber

Spread thinly sliced cucumber onto a cutting board and sprinkle with half the salt. Turn cucumber slices over and sprinkle with remaining salt. Let sit for 10 minutes.

3. Mix Together Dressing

In a small bowl, mix together the mirin, rice vinegar and soy sauce.

4. Toss Ingredients & Serve

In a large bowl, add the shredded carrot and cucumbers. Toss with dressing and sprinkle with sesame seeds. Serve and enjoy!

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe adapted from: melissasfood.wordpress.com

What You'll Need



Knife



Cutting Board



Vegetable Peeler



Measuring Cup



Measuring Spoons



Small Bowl



Large Bowl



Spoon

Fatigue Buster

- Use a mandoline to thinly slice cucumbers.
- Purchase shredded carrots in the produce section.