



Cucumber Salad (LS)

Serving: 1

Veg

Ingredients

- -1 big cucumber (spiralized / sliced)
- -Pinch of salt
- -Sesame Dressing
- -1 tsp white sesame seeds (roasted/toasted)
- -1/2 tsp soy sauce
- -1/2 tsp vinegar or few drops lime juice
- -1/2 tsp granulated honey OR 2 drops stevia

Preparation Method

- Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise. Using spiral to cut or sharp knife , cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture. Combine vinegar, sugar and soy and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.