

YIELD: 2 PEOPLE

# Asian Cucumber Salad

Asian Cucumber Salad – healthy cucumber salad with Asian spices. So refreshing and easy. A perfect appetizer for any meals!



## PREP TIME

5 minutes

## ADDITIONAL TIME

15 minutes

## TOTAL TIME

20 minutes

## INGREDIENTS

- 1 cucumber, about 8 oz. (226 g)
- 3/4 teaspoon salt or to taste
- 2 cloves garlic, minced
- 1 teaspoon apple cider vinegar
- 1 1/2 tablespoons sugar
- 1 teaspoon Korean chili powder or regular chili powder
- 1 teaspoon chili oil
- 1/2 teaspoon [sesame oil](#)
- sesame seeds for garnishing

## INSTRUCTIONS

1. Rinse the cucumber thoroughly and slice it into pieces.  
Add the salt to the cucumber, stir gently to combine well.  
Chill in the refrigerator for 15 minutes.
2. Combine the garlic, vinegar, sugar, chili powder, chili oil, and sesame oil together, stir to mix well. Make sure that the sugar is completely dissolved.
3. Drain the salt water from the cucumber. Add the dressing to the cucumber, toss well. Top with sesame seeds and serve immediately.

## NOTES

Click for [Conversion Tool](#).

### Nutrition Information

**Serving Size** 2 people

*Amount Per Serving*

**Calories** 95

**Total Fat** 3.9g

Saturated Fat 0.6g

**Sodium** 889mg

**Carbohydrates** 16.2g

Fiber 1.3g

Sugar 11.6g

**Protein** 1.3g