

Smashed Cucumber Salad

4 Servings • 1 Serving = ½ Cup



INGREDIENTS

- 1 English cucumber
- 1 clove garlic, minced
- 2 teaspoons rice vinegar
- 2 teaspoons less sodium soy sauce
- ½ teaspoon sesame oil

DIRECTIONS

1. Using a rolling pin, smash the cucumber until split in half. Slice on the diagonal and place the cucumber pieces in a bowl.
2. Add the garlic to the bowl.
3. In a small bowl, combine the rice vinegar, soy sauce, and sesame oil.
4. Pour the mixture over the cucumber salad.

Nutrition Facts

4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 106mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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