

“Farm Fresh Recipes”



SMB Colorado Master GardenersSM and The Norwood Farm and Craft Market

Asian-Style Cucumber Slaw

A more locally-adapted take on seaweed salad; at least, that was the inspiration. Refreshing and sweet, it works well as a side, a topping for a grander salad, or even on a burger or other sandwich.

- 1 medium cucumber
- 1 ½ tsp black sesame seeds
- 2 Tbsp sesame, grapeseed, or canola oil
- 1 ½ tsp soy sauce, (or braggs, or tamari)
- 1 ½ -2 tsp rice vinegar
- 1 ½ tsp honey
- 1 clove garlic (optional)

Peel the cucumber (if desired), and grate. (This is easily done by hand with a cheese grater.)
For a less juicy salad, allow the cucumber to drain in a colander for 30 minutes, and/or remove the seeds before grating.

Toast the sesame seeds in a dry pan for 1-2 minutes on med-high heat.

Combine with the other ingredients in a bowl, and mix.

Toss with the cucumber, enjoy!

*It can also be allowed to marinate overnight, to better blend the flavors.

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