

Cucumber smash salad

This cucumber salad is crunchy and refreshing. It makes for a fun snack or a great side salad.



Kid-friendly



Vegetarian



30 minutes or less



No-cook



PREP TIME
25 min



COOK TIME
0 min



SERVINGS
4

Ingredients

- 2 large cucumbers, cut into 1.5 cm/2 inch rounds
- 20 mL (1½ tbsp) lower sodium soy sauce
- 15 mL (1 tsp) rice vinegar
- 15 mL (1 tbsp) sesame oil
- 1 mL (¼ tsp) garlic powder
- Pinch of black pepper
- Pinch of salt
- 10 mL (2 tsp) sesame seeds
- 2 sheets seaweed nori sheets, crushed

Directions

1. Smash cucumbers using a rolling pin until they form bite-sized pieces. Place pieces in a container with a tight fitting lid.
2. Add soy sauce, rice vinegar, sesame oil, garlic powder, pepper and salt. Cover and shake vigorously. Place in the fridge to marinate for 15 minutes.
3. Remove from the fridge and drain liquid. Top with sesame seeds and nori sheets.

Tips

- ✓ Pair with Tempeh nuggets, Chicken and bean quesadillas, or Beef and bean burger.
- ✓ Let little chefs have fun in the kitchen by smashing cucumbers using a rolling pin.
- ✓ Did you know? Smashing cucumbers develops even more flavour, making this salad extra tasty!
- ✓ Remember, a little salt goes a long way. Taste the food before adding any salt.

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.



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