Asian Cucumber Salad
A Recipe by Chef Walter Staib

Serves 6

4 cups seedless cucumbers, sliced
½ cup rice wine vinegar
2 tablespoons olive oil
1 teaspoon ginger, chopped
½ teaspoon lemongrass, chopped
2 teaspoons reduced sodium soy sauce
1 teaspoon red pepper flakes
1 lime, juiced
Freshly ground black pepper, to taste

In a large bowl, combine rice wine vinegar, oil, ginger, lemongrass, soy sauce, red pepper flakes and lime juice. Season with freshly ground black pepper. Add cucumbers and stir to combine. Let marinate 30 minutes before serving so flavors combine.

Nutritional Breakdown Asian Cucumber Salad

Recipes	Total # serv	Cals	Total Fat g	Sat Fat g	Chol mg	Sodium mg	Fiber g	Carbs g	Pro g
Original – OK for Heart Health!!									
Orig & HH Asian Cucumber Salad	**6**	56	4.7	0.7	0	120	0.5	5	1