

Side | Snack

# Japanese Cucumber Salad

Side Effect: Altered Taste

**15 Mins**  
Prep Time

**0 Mins**  
Cook Time

**6**  
Servings

 **18 Calories** **0g Fat** **4g Carbs** **1g Protein**



## Ingredients

 **6 Servings** •  $\frac{1}{2}$  Cup Serving Size  **15 Mins Total Time**  **Allergens: Soy**

1 English Cucumber, **washed** and thinly ( $\frac{1}{8}$  inch) sliced

$\frac{1}{4}$  Tsp Salt, divided

$\frac{1}{2}$  Cup Shredded Carrots, **washed**

2 Tsp Mirin\*

2 Tsp Rice Vinegar

1 Tsp Low-Sodium Soy Sauce 

$\frac{1}{2}$  Tsp Sesame Seeds

\*Mirin is a sweet cooking wine made of rice. It can be substituted in this recipe for 1 tsp agave nectar.

### Allergen Swap

**Soy** Replace soy sauce with coconut aminos or liquid aminos

### Nourishment Note



#### Cold Foods

Cold foods may be better tolerated when foods don't taste as they normally do.



#### Soy Sauce

If foods have an "off taste" salty foods, like soy sauce, may be well accepted.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Salt Cucumber

Spread thinly sliced cucumber onto a cutting board and sprinkle with half the salt. Turn cucumber slices over and sprinkle with remaining salt. Let sit for 10 minutes.

### 3. Mix Together Dressing

In a small bowl, mix together the mirin, rice vinegar and soy sauce.

### 4. Toss Ingredients & Serve

In a large bowl, add the shredded carrot and cucumbers. Toss with dressing and sprinkle with sesame seeds. Serve and enjoy!

### 5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [melissasfood.wordpress.com](https://melissasfood.wordpress.com)

## What You'll Need



Knife



Cutting Board



Vegetable Peeler



Measuring Cup



Measuring Spoons



Small Bowl



Large Bowl



Spoon

### Fatigue Buster

- Use a mandoline to thinly slice cucumbers.
- Purchase shredded carrots in the produce section.