

Asian Cucumber “Noodle” Salad

🕒 Prep: 20 mins. Total: 20 minutes



Servings: Serves 4

1x	2x	3x
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INGREDIENTS

- 3 large cucumbers (about 2½ pounds), washed, dried and cut into “noodles” or ribbons
- 3 medium carrots, shredded or julienned (about 6 ounces, may substitute pre-shredded carrots)
- 3 green onions, white and green parts, thinly sliced
- 3 Tbsp. coconut aminos (may substitute tamari if not Whole30)
- 2 Tbsp. toasted sesame oil
- 3 Tbsp. rice wine vinegar
- ½ tsp. ground ginger (such as Simply Organic)
- ½ tsp. garlic powder (such as Simply Organic)
- Salt to taste
- 1½ tsp. black or white sesame seeds

Optional: Serve with a little pickled ginger (if not Whole30)

INSTRUCTIONS

1. Make the dressing by combining coconut aminos (or tamari), sesame oil, vinegar, ginger, garlic, and garlic powder in a small bowl. Whisk to combine. Taste and add salt as needed. Set aside or store in the fridge for up to 5 days.
2. To make the salad, wash and dry cucumbers (peel, if desired) then cut into “noodles” using a spiral cutter. Alternatively, you can cut the cucumbers into ribbons using a vegetable peeler.
3. Add spiralized cucumbers to a large bowl with carrots and green onions.
4. When ready to serve, pour dressing over vegetables, toss to coat and sprinkle with sesame seeds.

For best results: Add dressing to vegetables within a few hours of serving as the salad will get watery if made too far in advance.

NOTES

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NUTRITION INFORMATION

Serving Size: ¼th of recipe **Calories:** 158 **Fat:** 7g **Sodium:** 330mg **Carbohydrate:** 22g
(**Fiber:** 2g **Sugar:** 10g) **Protein:** 3g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Nut-free Paleo Vegan Vegetarian Whole30

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