

Cucumber Sunomono

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 2-3 Japanese cucumbers or 1 English cucumber
- 1 teaspoon salt
- 3 tablespoons rice vinegar
- ½ teaspoon sugar
- ¼ teaspoon reduced sodium tamari or soy sauce (If you need this meal to be gluten-free, always double check labels. Tamari is usually gluten-free, but soy sauce is not.)
- 1 teaspoon sesame seeds, optional

Directions

1. If using regular cucumbers, peel and remove seeds. If using Japanese, Persian, or English cucumbers, there is no need. Slice cucumbers very thin and sprinkle with salt. Let sit for 5 minutes.
2. Meanwhile, combine rice vinegar, sugar, and tamari in a small bowl and will well.
3. Squeeze out excess moisture from cucumbers, then pour vinegar mixture over. Sprinkle with sesame seeds if using and serve.

Notes

Use a mandolin slicer to thinly slice cucumbers, but use the guard or cut-proof glove to avoid slicing your fingers

Recipe from Cook Well Berkeley: Spring Salads & Vegetables, Spring 2016