## **UCI Health**

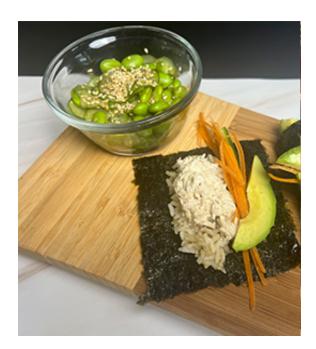
## Cucumber edamame salad

## Ingredients

- 4-6 Persian cucumbers, thinly sliced (about 1 pound)
- 1 cup edamame, shelled and cooked
- 2 green onions, thinly sliced
- 2 tablespoons toasted sesame seeds
- 3 tablespoons rice vinegar
- 2 tablespoons toasted sesame oil
- 1 tablespoon low-sodium tamari or soy sauce
- 1<sup>1</sup>/<sub>2</sub> teaspoons freshly grated ginger
- 1 garlic clove, finely minced

## Directions

- In a bowl, toss all ingredients together.
- Adjust seasoning to taste.



Nutritionalinformation

Servings: 4 Cost: \$3.90/\$0.98 Calories: 135 per serving