Japanese Cucumber Salad

Prep: 15 minutes | Inactive: 15 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

1 large or 2 medium English cucumbers (about 1-1½ pounds)

¼ teaspoon salt

2 teaspoons unseasoned rice vinegar

1½ teaspoons reduced-sodium (lite) soy sauce

½ teaspoon toasted sesame oil

½ teaspoon sugar

Pinch crushed red pepper flakes (optional)

1 tablespoon sesame seeds, toasted if desired

Directions

1. Trim the ends of the cucumber and cut each cucumber crosswise into thirds, then cut in half lengthwise.

2. Place the cucumbers in a large plastic zip-top bag and seal the bag. Place the bag on a hard, durable surface such as a clean cutting board.

3. Use a skillet or a sauté pan to smash the cucumbers in the bag until they start to split lengthwise.

4. Tear or cut the cucumbers into bite-sized pieces, then add them to a colander placed inside a bowl or over the sink.

5. Sprinkle the cucumbers with the salt and toss to combine.

6. Let the cucumbers sit to remove their excess liquid, at least 15 minutes and up to 30 minutes.

7. While the cucumbers sit, add the vinegar, soy sauce, sesame oil, sugar, and red pepper flakes (if using) to a medium mixing bowl. Stir together until the sugar has dissolved to make a dressing, about 1 minute.

8. Add the cucumbers to the bowl with the dressing and toss to combine. Discard the liquid drained from the cucumber.

9. Garnish with sesame seeds and serve immediately, or chill before serving if desired.