



## INGREDIENTS

- 4 Tablespoons Ginger Root
- 2 Dried Red Chili Peppers (deseeded)
- 4 Cups Japanese Cucumber (or substitute English Cucumber)
- 2 Teaspoons Coarse Salt
- 2 Teaspoons Sea Salt
- 4 Tablespoons White Sugar
- 2 Teaspoons Rice Vinegar (unseasoned)
- 2 Teaspoons Japanese Soy Sauce (koikuchi shoyu; or Tamari for Gluten Free)
- 2 Teaspoons Toasted Sesame Oil (don't substitute with neutral oil)
- 2 Pinches Toasted White Sesame Seeds (optional garnish)

## DIRECTIONS

1. First, peel the skin off ginger root and cut it into thin strips.
2. Cut dried red chili pepper into thin slices.
3. Wash cucumbers. If you're using English cucumber, cut it in half lengthways and scoop out the seeds with a spoon. Sprinkle a chopping board with coarse salt. Roll each cucumber in the salt.
4. Wash off the salt and dry the cucumber.
5. Smash the cucumbers with something sturdy like a heavy glass cup or rolling pin. Crush/break it slightly, but not too much.
6. Roughly cut the cucumbers into bitesize pieces.
7. Place the cucumbers in a sealable bag with the ginger and chili, then add the sea salt, sugar, rice vinegar, Japanese soy sauce (koikuchi shoyu) and toasted sesame oil.
8. Massage the ingredients into the cucumber to evenly distribute them.
9. Marinate in the refrigerator for at least one hour, or overnight for best results.
10. Sprinkle with 1 pinch toasted white sesame seeds upon serving and enjoy!

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Snack

## YIELD

4 Cups

## PORTION SIZES

**Toddler:** ½ Cup

**Preschool:** ½ Cup

**School Age:** ¾ Cup

**Adult:** ½ Cup