

LiveWell

Cucumber kimchi salad

Yield: 2 servings



Ingredients:

- 1 English cucumber
- 1 teaspoon minced garlic
- 1 teaspoon low-sodium soy sauce
- 1/4 cup spicy kimchi cabbage
- 1 teaspoon sesame seeds
- 1 green onion, chopped

Directions:

1. Slice cucumber into thin 1/4-inch rounds.
2. Combine garlic and soy sauce. Toss cucumbers in mixture and combine with kimchi cabbage.
3. Top with sesame seeds and fresh chopped green onions for garnish.
4. Serve cold.

Nutrition information per serving:

Calories: 39

Fat: 1 gram

Saturated fat: 0 grams

Cholesterol: 0 mg

Sodium: 188 mg

Carbohydrates: 5 grams

Fiber: 1 gram

Protein: 2 grams

Food exchanges:

1 vegetable