



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CUCUMBER SESAME SALAD

Time: 15 minutes

Serves: 4

Ingredients:

2 tablespoons sesame seeds
¼ cup rice vinegar
½ teaspoon stevia
¼ teaspoon kosher salt
1 large English cucumber – thinly sliced

Preparation:

Place the sesame seeds in a small pan over medium heat and stir often for approximately three minutes or until just toasted. Remove from heat and set aside.

Mix the vinegar, stevia and salt in a small bowl until the salt is fully dissolved.

Toss the cucumber with the vinegar mixture and a suitable bowl and let rest for two minutes. Pour off any excess liquid then plate the cucumbers.

Sprinkle with the sesame seeds and serve immediately.

Nutritional Information Per Serving:

Calories: 34
Fat: 2g
Carbs: 3g
Fibre: 1g
Protein: 1g