



Crispy & Spicy CUCUMBER SALAD

Try something new, with fresh vegetables grown right in your backyard. This crispy and spicy cucumber salad will become a summer favorite.





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INGREDIENTS

VEGETABLES

- 2 small cucumbers, thinly sliced
- 2 medium carrots, thinly sliced
- 1 large sweet red pepper, minced
- ½ medium red onion, thinly sliced
- 2 green onions, sliced
- ½ jalapeno, seeded and thinly sliced

MARINADE

- ⅓ cup sugar
- ⅓ cup rice vinegar
- ⅓ cup water
- 1 tsp each salt, garlic powder, and pepper
- 1 tsp sesame oil
- 1 tsp reduced-sodium soy sauce
- 1 small garlic clove, minced
- ½ tsp minced fresh gingerroot
- ¼ teaspoon cayenne pepper, optional

Optional toppings: Minced fresh cilantro, chopped peanuts

DIRECTIONS

1. In a large bowl, combine vegetable ingredients. In a small bowl, mix marinade ingredients, stirring to dissolve sugar.
2. Pour marinade over vegetables; toss to combine.
3. Refrigerate, covered, at least 30 minutes or overnight.
4. Serve with a slotted spoon. Top as desired.

