

## Sesame-Honey Cucumber Salad

This Far-Eastern cuisine influenced cucumber salad uses tamari and toasted sesame seeds that give it that Oriental flavor.

### Ingredients

- 1 1/2 tablespoons sesame seeds, toasted
- 2 tablespoons Tamari or lower-sodium soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon honey
- 1 tablespoon hot water
- 1 teaspoon crushed red pepper
- 2 teaspoons dark sesame oil
- 4 cups thinly sliced seeded cucumber

### Preparation

1. Combine first 7 ingredients in a large bowl, stirring with a whisk to make the dressing.
2. Add cucumber; toss to coat.

Yield: 6 servings.

CALORIES 38; FAT 2.4g (sat 0.3g); SODIUM 186mg

### Variation - Pasta Salad

1. Add 1 cup sliced green onions to the dressing portion of the recipe.
2. Use ½ pound of your favorite small pasta (e.g. mini shells, rotini, or penne) cooked to package directions, drained, rinsed with cool water, and allowed to drain well.
3. Then toss the prepared pasta with the dressing and cucumbers.

