

Asian Cucumber Salad



INGREDIENTS

- 2 small cucumbers, thinly sliced
- 2 carrots, thinly sliced or 1 cup shredded carrots
- 1 large red pepper, thinly sliced
- ½ medium red onion, thinly sliced
- 2 green onions, sliced
- 1 hot pepper, seeded and thinly sliced, optional
- Optional garnish: chopped cilantro or chopped peanuts

DIRECTIONS

1. Combine first 6 ingredients in large bowl.
2. Whisk together dressing ingredients until sugar is dissolved.
3. Toss with vegetables.
4. Cover and refrigerate for at least 30 minutes.

DRESSING

- ¼ cup sugar or 2-3 Tbsp. honey
- ⅓ cup rice vinegar
- ⅓ cup water
- 1 tsp. sesame oil
- 2 tsp. reduced sodium soy sauce
- *use gluten-free soy sauce
- 1 garlic clove, minced
- ¾ tsp. each salt, pepper, and garlic powder
- ½ tsp. fresh ginger root, minced
- 1 tsp. hot chili sauce, optional
- ½ tsp. red pepper flakes, optional

NUTRITION FACTS *6 servings*

Calories: 90	Total Carbohydrate: 22 g
Fat: 1 g	Dietary fiber: 3 g
Sodium: 129 mg	Protein: 2 g

Zesty Bean & Corn Salad



INGREDIENTS

- 2 cans black beans, rinsed
- 1 small can of corn, drained or 1-2 cups frozen corn, thawed
- 1 red bell pepper, seeded and diced
- ½ red onion, diced
- 1 small cucumber, seeded and diced
- 2 Roma tomatoes, diced
- Handful of fresh cilantro, chopped
- 2 Tbsp. lime juice
- Splash of vinegar, rice vinegar preferred
- 2 Tbsp. olive oil
- Salt & pepper to taste
- Dash of hot sauce such as Tabasco, optional

DIRECTIONS

1. Mix all ingredients in a large bowl.
2. Let stand 15-20 minutes to allow flavors to combine.
3. Toss and serve.



NUTRITION FACTS *8 servings*

Calories: 115	Total Carbohydrate: 19 g
Fat: 4 g	Dietary fiber: 4 g
Sodium: 272 mg	Protein: 4.5 g