



## Smashed Cucumber Salad

### Ingredients:

1 lb cucumbers (3-4 medium)

3/4 tsp salt

2 Tbsp herbs roughly chopped (thai basil, cilantro, and/or parsley)

1/4 cup green onions , sliced

1.5 Tbsp rice vinegar

2 tsp sesame oil

1.5 tsp ginger, freshly grated

2 tsp soy sauce

1/2 tsp sugar or sweetener of choice

Optional toppings: sesame seeds, red pepper flakes

### Instructions:

1. Smash the cucumbers until they split open on the sides using something heavy like the smooth side of a meat mallet, rolling pin, pestle or even a can.

2. Cut into 1 inch chunks then place in a bowl.

3. Sprinkle with salt, toss, and leave for 20 minutes.

4. Drain excess liquid from the bowl.

5. Mix rice vinegar, sesame oil, ginger, soy sauce, and sugar well to make the dressing.

6. Drizzle over cucumbers, sprinkle with herbs, green onions, and any optional toppings. Toss and serve immediately or refrigerate for 2 hours.