

# CUCUMBER SMASH SALAD

Easy Recipe

This cucumber salad is tasty and refreshing! Instead of cutting the cucumber with a knife, we use a rolling pin to smash them into pieces. Pretty fun stuff!

**PREP TIME:**

25 minutes

**COOKING TIME:**

N/A

**AMOUNT RECIPE MAKES:**

4 servings

**SKILLS USED:**

Measuring, mixing/stirring

[Adapted from Canada's Food Guide](#)

**Nutrition Nuggets:** Sesame oil is rich in antioxidants, which protect our cells and keep them healthy. It also contains healthy fats that support heart and brain health.

**Leftover Love:** This salad tastes best when eaten the same day that it's made, but can be enjoyed the day after too.

**Food for Thought:** Smashing the cucumbers in this recipe makes it taste even better! When we smash the cucumbers, it helps release their juices and flavours.

## EQUIPMENT:

- Knife
- Rolling pin
- Cutting board
- Measuring cups and spoons
- Large bowl
- Spoon for mixing/stirring
- Plastic wrap/aluminum foil
- Fridge
- Colander

## INGREDIENTS:

- 2 large cucumbers
- 1 1/2 tablespoons soy sauce
- 1 teaspoon rice vinegar
- 1 tablespoon sesame oil
- 1/4 teaspoon garlic powder
- Pinch of black pepper
- Pinch of salt
- 2 teaspoons sesame seeds (optional)
- 2 sheets seaweed nori sheets, crushed (optional)

## DIRECTIONS:

1. Smash cucumbers using a rolling pin until they form bite-sized pieces.
2. Place pieces in a large bowl.
3. Add soy sauce, rice vinegar, sesame oil, garlic powder, pepper, and salt.
4. Use a spoon to mix well.
5. Cover bowl with plastic wrap or foil.
6. Place the bowl in the fridge for 15 minutes.
7. Remove from the fridge and drain liquid using a colander. Top with sesame seeds and nori sheets.