

Asian Cucumber Salad with Cilantro and Vidalia Onions

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/smacked-cucumber-chinese-recipe>

Ingredients:

- 4 cucumbers peeled in stripes, cut in half lengthwise, then into thick slices
- 1 Vidalia onion large, or other sweet onion, peeled and cut into 1/4 inch thick slivers of onion
- 1 bunch cilantro washed and chopped just before using
- 1 cup rice vinegar don't use seasoned vinegar which contains sugar
- 3 tablespoons splenda Stevia In the Raw Granular Sweetener, or sugar, Use Splenda or Stevia for South Beach Diet
- 2 teaspoons sesame oil Asian
- 2 teaspoons garlic puree also called ground garlic
- 1 pinch pepper flakes optional
- coarse ground black pepper to taste

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 11 grams
3. Fat: 1.5 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. Sodium: 15 milligrams
7. Sugar: 5 grams

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