

SESAME CUCUMBERS

This is a snack, a side dish, and an all-around keto-craving savior (just omit the honey) all in one. Plus, it's one of those dishes that everyone can agree on. It comes together in 5 minutes. You can quickly turn this into a salad by adding shredded spinach leaves and carrots.

INGREDIENTS

1 English cucumber
1 tablespoon sesame oil
1 teaspoon tamari soy sauce
1/2 teaspoon rice wine vinegar
1/2 teaspoon honey
1/4 teaspoon white sesame seeds
1/4 teaspoon black sesame seeds

MAKES FOUR SIDES

1 Wash and cut the English cucumber into slices. We used a faux tourné cut.*

2 In a dry skillet, toast sesame seeds for about 1 minute. Watch carefully as they burn quickly. Pour seeds into a small bowl and set aside.

3 In a large bowl, whisk together sesame oil, tamari, rice wine vinegar, and honey. Toss in the cucumbers. Sprinkle with the cooled sesame seeds.

NOTES

- *You can cut the cucumbers any way you like. We used a faux tourné which is cutting the cucumber, turning it a quarter turn, then slicing it at an angle.
- Substitute coconut aminos for tamari if you want to stay soy-free.
- Instead of sesame seeds, you could sprinkle the cucumbers with furikake.