

Chinese Style Cucumber Salad Appetizer



Cucumber is a very refreshing fruit to have during summer. It consists of ~95% of water, which is essential for hydration, keeping your skin hydrated and organs healthy.¹ Cucumber is also high in vitamin C and K. Vitamin C strengthens immunity, accelerates metabolism and brightens dark spots on skins, while vitamin K is good for blood clotting.

Garlic is known for its anti-inflammatory properties. It proves to boost immunity to fight against sickness, reduce blood pressure, and reduce low density cholesterol (bad cholesterol).² Garlic is also rich in antioxidants, such as vitamin C, B6 and manganese, which help prevent and/or delay dementia from worsening.

Ginger can reduce nausea from pregnancy and cancer treatment, reduce pain, and reduce inflammation.³ Moreover, the gingerols found in ginger has an anti-cancer properties which help prevent various cancers, such as breast, ovaries, blood, lung and colon cancer.

Easy Chinese Cucumber Salad by Omnivore's Cookbook⁴

Serving: 2-4

Prep Time: 5 mins | Cook Time: 0 | Total Time: 5 mins

Ingredients:

- 2 English cucumbers
- 3 cloves garlic, minced
- 1 teaspoon of freshly chopped or powder ginger
- 1 tablespoon Chinkiang vinegar (or rice vinegar)
- 1 tablespoon light soy sauce
- 1 teaspoon honey or brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon sesame oil
- 1/2 teaspoon chili oil

Instructions:

1. Dry the cucumbers with a paper towel. Place cucumbers on a large cutting board and carefully use a cleaver to crush it. Then cut into bite size pieces and place them into a bowl. Top with garlic.
2. Combine ginger vinegar, soy sauce, honey, salt, sesame oil and chili oil in a small bowl and mix well.
3. Pour the sauce mixture over the cucumbers and mix well. Enjoy right away. Side note: do not add the sauce mixture beforehand; it would cause the cucumber to excrete water and dilute the sauce.

Nutrition Facts	
Serving Size 1/4 of recipe (114 g)	
Servings per container 4	
Amount Per Serving	
Calories 30	Calories from Fat 7
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 519mg	22%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	3%
Sugars 3g	
Protein 1g	
Vitamin A 1%	Vitamin C 7%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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