

**Suitland Dine & Learn**  
**April 2018: Snack Smarter**  
**Japanese Cucumber Salad**  
Courtesy of Jessica Yamamoto, M.S.

**Ingredients**

2 large cucumbers, peeled  
1/3 cup rice vinegar  
4 teaspoons white sugar  
1 teaspoon salt  
1 ½ teaspoons minced ginger  
Optional: shaved carrots

**Cost per serving: \$0.23**

**Directions**

1. Skin cucumbers and cut in half lengthwise. Using a spoon, scrape down along the center of the cucumber to remove the seeds.
2. Cut cucumber into ¼ " slices.
3. In a bowl, combine rice vinegar, sugar\*, salt, and minced ginger. Mix well.
4. Add cucumbers and grated carrots (if desired) to bowl and mix to ensure cucumbers are all coated with the dressing.
5. Refrigerate for an hour prior to serving.

\* *Counting carbs? Substitute sugar for Splenda*

<b>Nutrition Information</b>	<i>Amount Per Serving</i>	
Number of Servings: 5	<b>Total Fat:</b> 0.2 g	<b>Total Carbs:</b> 6.2 g
Serving Size: ½ cup	<b>Cholesterol:</b> 0 mg	<b>Dietary Fiber:</b> 0.8 g
<b>Calories:</b> 27	<b>Sodium:</b> 467 mg	<b>Protein:</b> 0.6 g

**Tips for Healthy Snacking:**

*If you're watching your weight, watch those snacks as well. Choose snacks that give you the biggest calorie bang for your buck by choosing nutrient dense, not energy dense snacks. These snacks will make you feel fuller quicker. For example, foods with high water content, such as fruits and vegetables, soups and stews, or foods high in fiber.*



*Exercising? Pick a protein snack after weight training to help build up muscle rather than break it down. Keep it light though!*