

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Japanese-Style Radish and Cucumber Salad
Makes 6 servings**

Ingredients:

½ cup thinly sliced red onion
1 cup thinly sliced radishes
1 cucumber, halved lengthwise, seeds removed and thinly sliced
¼ cup rice wine vinegar
2 teaspoons canola oil
1 teaspoon sesame oil
¼ teaspoon salt
½ teaspoon crushed red pepper flakes
2 teaspoons sesame seeds, toasted

Directions:

1. Combine onion, radishes and cucumber in a medium bowl.
2. In a small bowl, whisk together vinegar, canola oil, sesame oil, salt, and pepper flakes.
3. Pour vinegar mixture over salad and toss to coat.
4. Garnish with sesame seeds.

Nutritional Information per serving:

Calories: 35	Carbohydrates: 3g
Total Fat: 3g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 1g
Sodium: 106mg	Protein: 1g