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