

Soy-Sesame Quick Pickles

18 Smart Snacks

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2 tablespoons rice vinegar
2 tablespoons soy sauce
1 tablespoon honey
1 teaspoon toasted sesame oil
4 Persian cucumbers,
quartered lengthwise
pinch red pepper flakes
salt

In a shallow dish, mix the vinegar, soy sauce, honey and sesame oil.

Add the cucumbers and a pinch of red pepper flakes.

Toss well.

Refrigerate for 30 minutes.

Drain and sprinkle with salt.

Per Serving (excluding unknown items): 88 Calories; trace Fat (0.3% calories from fat); 2g Protein; 22g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2059mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Other Carbohydrates.