

# Marinated Cucumber Salad



*There are nearly 100 varieties of cucumbers grown in most countries around the world. There are three main varieties of cucumber — slicing, pickling, and burpless/seedless. "Slicing" cucumbers such as Armenian, English, lemon, and Persian are best for eating fresh and used in this recipe!*



Makes: 4 servings    Serving Size: 3/4 cup

## INGREDIENTS

2 cucumbers, sliced  
3 cloves garlic, peeled and thinly sliced  
2 stalks green onions, sliced  
1/2 cup cilantro, chopped  
1/2 cup mint, chopped (*optional*)  
3/4 cup rice vinegar (or more, enough to coat cucumbers)  
1 pinch crushed red pepper flakes or more, to taste  
Salt and pepper to taste  
Peanuts chopped, (*optional*) for garnish  
*optional add-ins: red onion, radishes, tomatoes, corn*

## DIRECTIONS

1. Wash and prepare ingredients.
2. Combine cucumbers, garlic, green onions, cilantro and mint in a large bowl.
3. Add rice vinegar, crushed red pepper, salt and pepper; toss gently to combine.
4. Chill and allow to marinate for at least one hour.
5. Taste and adjust seasonings.
6. Top with chopped peanuts before serving.
7. Enjoy!

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### Nutrition Facts

Calories 151, Total Fat 11 g, Saturated Fat 1 g,  
Sodium 454 mg, Total Carbohydrate 8 g,  
Dietary Fiber 3 g, Protein 7 g