

Sesame Smashed Cucumbers

Ingredients

2 smashed cucumbers 1.5 cups
½ tablespoon of vinegar
1 tablespoon of toasted sesame oil
1 small garlic clove, minced or pressed
1 teaspoon sugar (a little less)
1 pinch of salt
Optional chili flakes and toasted sesame seeds to taste

Smash the cucumbers with a meat mallet or the flat part of a knife. Chop the cucumbers into ½ inch pieces. Add the vinegar, sesame oil, garlic, sugar and salt. You can let it marinate in the fridge for an hour or more before enjoying. If you have toasted sesame seeds you can add them before serving.

Cucumber tomato salad

Ingredients

1 tablespoon olive oil
¼ of a purple onion, about ¼ cup
1.5 cups cucumbers (Japanese, English, Persian)
1 cup of diced cherry tomatoes or sun gold tomatoes
4 large leaves of basil
Dash of smokey paprika
Dash of cumin
Salt and pepper to taste

Chop the cucumbers, tomatoes and onions. Cut the basil into thin ribbons. Add the olive oil, cumin, paprika and salt and pepper to taste. Mix together and enjoy! You can add grilled chicken or tofu to this to make it more filling.

Garlic Chili Oil Cucumbers

Ingredients

- 2 tablespoons of avocado oil
- 3 large cloves of garlic smashed
- 1.5 teaspoons of red pepper flakes
- ½ teaspoon soy sauce
- 2 cups of cucumbers chopped or smashed (about 4 large Japanese cucumbers)

Add the oil to a pan and then the smashed garlic. Cook on medium until the garlic is tan and aromatic. Pour the hot oil and garlic over the chili pepper flakes. Make sure the chili pepper flakes are in a heat stable container like a glass measuring cup. The mixture will sizzle and then cool off. Then add the soy sauce and pour over the cucumbers. I like to eat them right after making it although they do keep in the fridge and can be eaten over the next few days. The cucumbers tend to get spicier the longer they are in the mixture. You do not end up eating all the oil and can reuse the mixture to continue to add more cucumbers when you have extra.