Thriveobx™

Inspiring well-being and longevity

Spicy Smashed Cucumber Salad

Ingredients

Base:

- 2 whole English cucumbers
- 1 tbsp sugar
- 1 tsp salt

Marinade

- 2 tbsp oyster sauce (vegetarian optional)
- 3 tbsp black vinegar
- 1/2 tbsp sugar
- 1 1/2 tbsp chopped cilantro
- 1 1/2 tbsp of spicy garlic chili paste
- 1tsp sesame seeds
- 1 stalk of green onion, chopped

Instructions

1. Slice cucumbers into 1 ½ inch bite-sized pieces. Add 1 tbsp of sugar and 1 tsp of salt to the cutup cucumbers. Mix and let set aside for 30 minutes; this will help the cucumbers stay crunchy. After 30 minutes, drain the excess liquid.
2. In a bowl mix all the ingredients from the marinade together.
3. Pour the marinade over the sliced cucumbers and enjoy!

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ThriveOBX is a partnership between Outer Banks Health and Dare County Health and Human Services. Together, we can cultivate a community where people thrive.

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