



Creamy Cucumber Salad

Serves: 2 to 4 Prep Time: 15 minutes

INGREDIENTS

Cucumber Salad

3 large cucumbers
½ cup roasted tahini* (or regular)
1 teaspoon garlic powder
1 teaspoon toasted sesame seed oil
1 tablespoon nutritional yeast
1 tablespoon tamari
1 tablespoon rice vinegar
Pinch sea salt
2 tablespoons ice-cold water, plus some if needed

Optional Toppings

Toasted sesame seeds
Chives, thinly sliced
Flaky salt
Red pepper flakes

INSTRUCTIONS

Prepare the cucumber: Slice both ends off of the cucumbers and peel them. Halve them lengthwise and use a small spoon to scrape out the seeds. Pat the cucumbers dry with a clean kitchen towel and then slice them into ¼ inch-thick slices in the shape of half-moons. Transfer the slices to a large mixing bowl and set aside while you make the dressing.

Make the dressing: In a medium bowl, combine the tahini, garlic powder, toasted sesame seed oil, nutritional yeast, tamari, rice vinegar, and a pinch of salt. Use a whisk to mix well. At this point it will look clumpy but don't worry! Add 2 tablespoons of cold water and continue to whisk until smooth and creamy. The consistency should be quite thick so that it coats the cucumber slices nicely but you can thin out the dressing with more water, if desired.

Dress the cucumber slices: Pour the dressing over the cucumber slices and mix well to combine until each piece is thoroughly coated. Give it a taste and add more salt (unless you are using the optional flaky salt), if needed. Transfer to a beautiful serving plate or bowls and garnish with optional toppings. Enjoy immediately!

NOTES

Roasted tahini uses cooked sesame seeds resulting in a darker and more flavorful tahini with a gorgeous nutty flavor. (My favorite brand is Soom!) If you cannot find this or wish not to order it, you can use regular tahini which is made from raw sesame seeds. The color will be more pale and the flavor will not be as delicious but it will still work just fine.

This dressing also pairs beautifully tossed with julienne carrots or to serve as a dip for celery sticks or steamed broccoli florets.