Be Fit Basics: Sesame-Miso Cucumber Salad
Adapted from Cookinglight.com

1½ tbsp sesame seeds, roasted
2 tbsp white miso
1 tbsp rice vinegar
1 tbsp honey
1 tsp crushed red pepper
1 tbsp dark sesame oil
4 cups thinly sliced cucumber

Instructions:
Combine the first 6 ingredients and whisk in 1 tbsp warm water. Add cucumber and toss to coat.

Notes:
-Miso is typically found in the refrigerated food section, often either by the dairy or chilled salad dressings.

Yield: 5 servings

NUTRITION INFORMATION PER SERVING:
CALORIES: 100 calories	PROTEIN: 2 g	SODIUM: 260 mg
CARBOHYDRATE: 13 g	FIBER: 2 g
FAT: 5 g	SAT FAT: 1 g