



BeFit

Be Fit. Eat Healthy. It's your choice.

## 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