

Spicy Thai Cucumber Salad

Ingredients

- 1 whole cucumber, cut julienne style
- 1 tablespoon Bragg's liquid aminos
- 2 tablespoons lemon juice
- 2 tablespoons vegetable broth (optional)
- 1 tablespoon green onion, chopped
- 1 clove of garlic, crushed and minced
- 1 basil leaf, rolled and sliced
- 1 teaspoon cilantro leaves, chopped
- 1/8 teaspoon red chili flakes
- Salt and pepper to taste
- Stevia to taste

Makes 1-2 servings (1 vegetable)
2 grams protein
1 gram fat
50 calories

PHASE 3 MODIFICATIONS:

Add a little sesame oil or chili oil. Add chopped bell pepper or other vegetables. Top with a tablespoon of crushed peanuts.

Directions

1. Chop up cucumber in julienne strips.
2. Mix liquid ingredients with the garlic, onion, fresh herbs, and chili flakes.
3. Mix in cucumbers and coat thoroughly with spice mixture.
4. Allow to marinate for 10 minutes or overnight.

