

Sesame Cucumber and Carrot Salad

1 cucumber, sliced thinly

½ cup raw carrot, shredded

1 T. grape seed oil or any other oil that has a light, clean flavor

2 T. rice vinegar (You can substitute cider vinegar or white wine vinegar, too)

1 tsp. sesame oil

2 tsp. sugar

2 tsp. soy sauce

1 T. toasted sesame seeds

Place cucumber and carrot in a medium bowl. Make vinaigrette by whisking together the grape seed oil, rice vinegar, sesame oil, sugar, and soy sauce. Toss the veggies with the vinaigrette. Place in the fridge until ready to serve. When serving, sprinkle with sesame seeds. Kale cut into thin strips and massaged into this dressing would be a nice addition to this salad.

Adapted from chef turned farmer Heather Wiarda.