

## Cooking for Wellness

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## **Quick Cucumber Kimchi**

Yields: 4 servings Preparation Time: 40 minutes Ingredients

- 2 small cucumbers, cut in half lengthwise, then crosswise 1/8 inch thick
- 1 teaspoon salt
- 2 garlic cloves, minced
- 2 scallions, finely chopped
- 1 1/4 inch piece fresh ginger, peeled and minced
- 2 tablespoons rice vinegar
- 1 tablespoon Korean chili powder
- 2 teaspoons sugar
- 1/4 teaspoon fish sauce



## Instructions

- 1. In a medium bowl, add the cucumbers and salt and let sit for 30 minutes.
- 2. Meanwhile, in another small bowl combine garlic, scallions, ginger, vinegar, chili powder, sugar, and fish sauce.
- Drain the cucumbers (discard the salty liquid) and stir in the vinegar mixture. Refrigerate overnight.