



## Viral Cucumber Salad Recipes

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### Fruits

- 1/3 cup Lemon Juice

### Breakfast

- 1 tbsp Maple Syrup

### Seeds, Nuts & Spices

- 1 tbsp Fresh Ginger
- 2 tsps Ground Ginger
- 2 tsps Hemp Seeds

### Frozen

- 3 cups Frozen Edamame

### Vegetables

- 2 1/2 Cucumber
- 1/2 cup Fresh Dill
- 3 Green Onions
- 10 units Mini Peppers
- 1/2 cup Red Onion

### Boxed & Canned

- 1/2 cup Wild Rice

### Baking

- 1/4 cup All Purpose Gluten-Free Flour

### Bread, Fish, Meat & Cheese

- 14 ozs Tempeh
- 1 1/4 lbs Tofu

### Condiments & Oils

- 1 tsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1/4 cup Rice Vinegar
- 1/3 cup Sesame Oil
- 1/2 cup Soy Sauce

### Cold

- 1/2 cup Soy Yogurt



## Yogurt Cucumber Dill Salad

3 servings

10 minutes

### Ingredients

1/2 cup Soy Yogurt  
 1/3 cup Lemon Juice (freshly squeezed  
 - from 2 lemons)  
 1 tsp Extra Virgin Olive Oil  
 1 tbsp Red Wine Vinegar (or apple  
 cider vinegar)  
 1 1/2 Cucumber (sliced thin)  
 1/2 cup Fresh Dill  
 14 ozs Tempeh (cooked and crumbled,  
 bacon flavoured)

### Nutrition

Amount per serving	
Calories	312
Fat	17g
Carbs	19g
Fiber	1g
Sugar	3g
Protein	29g
Cholesterol	0mg
Sodium	17mg
Vitamin A	274IU
Vitamin C	16mg
Calcium	176mg
Iron	4mg

### Directions

- 1 To make the yogurt dressing, whisk together yogurt, lemon juice, olive oil, vinegar and dill.
- 2 Place cucumber and red onion slices in a large container with a lid or mason jar. Add the dressing a shake so that the dressing is evenly distributed.
- 3 Divide between three dressing containers and top with crumbled tempeh. Enjoy!



## Tofu Rice Bowls & Cucumber Salad

3 servings

30 minutes

### Ingredients

1/2 cup Wild Rice  
 1 1/4 lbs Tofu  
 1/4 cup All Purpose Gluten-Free Flour  
 2 tbsps Soy Sauce  
 2 tbsps Sesame Oil  
 1 tsp Ground Ginger  
 3 Green Onions (finely chopped)  
 2 tbsps Sesame Oil  
 2 tbsps Soy Sauce  
 2 tbsps Rice Vinegar  
 1 tsp Ground Ginger

### Nutrition

Amount per serving	
Calories	386
Fat	19g
Carbs	34g
Fiber	6g
Sugar	2g
Protein	24g
Cholesterol	0mg
Sodium	593mg
Vitamin A	5IU
Vitamin C	0mg
Calcium	543mg
Iron	5mg

### Directions

- 1 Cook rice according to package directions.
- 2 Press the tofu. Once pressed, cut into cubes. Toss with the flour, sesame oil, soy sauce and ground ginger. Add to the frying pan over medium heat. Pan fry until all side are slightly brown - about 7 mins.
- 3 Add the sliced cucumber, green onion and sliced carrot into a large container with a lid or mason jar. Mix the additional sesame oil, soy sauce and ground ginger together for the dressing. Pour over the veggies and shake to combine.
- 4 Assemble the bowls by adding even servings of the rice, cucumber salad, and tofu to each bowl. Enjoy!



## Sesame Edamame Cucumber Salad

3 servings  
10 minutes

### Ingredients

1 Cucumber (sliced thin)  
10 units Mini Peppers (sliced and deseeded)  
2 tbsps Hemp Seeds  
3 cups Frozen Edamame (thawed)  
1/2 cup Red Onion (sliced thin)  
1 tbsp Sesame Oil  
2 tbsps Rice Vinegar  
1 tbsp Fresh Ginger  
3 tbsps Soy Sauce  
1 tbsp Maple Syrup

### Directions

- 1 In a container with a lid or mason jar, add all the veggies, hemp hearts and edamame. Mix the dressing ingredients together and add into the container. Shake to combine. Divide into three containers.

### Nutrition

Amount per serving	
Calories	316
Fat	16g
Carbs	26g
Fiber	9g
Sugar	10g
Protein	23g
Cholesterol	0mg
Sodium	889mg
Vitamin A	569IU
Vitamin C	14mg
Calcium	137mg
Iron	5mg