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# Cucumber, Watercress and Red Onion Salad with Mint

*Heather Carey, MS*

Servings: 8

**4 tablespoons rice vinegar**  
**4 teaspoons mirin (rice wine)**  
**4 teaspoons extra virgin olive oil**  
**2 teaspoons toasted sesame oil**  
**2 teaspoons soy sauce**  
**1 pinch hot pepper flakes, optional**  
**12 whole pickling cucumber, or Kirby**  
**2 teaspoons coarse sea salt**  
**2 bunches watercress**  
**4 tablespoons red onion, thinly sliced**  
**4 tablespoons sesame seeds, lightly toasted**  
**12 mint leaves, torn**

1. In a large bowl, combine the vinegar, mirin, oils, soy sauce, and red pepper flakes. Whisk well
2. Peel the cucumbers and slice them diagonally into 1/4" pieces. Toss them with the salt and transfer to a colander to drain.
3. Remove the tough stems from the watercress. Roughly chop the leaves and set aside.
4. Blot the drained cucumbers with a paper towel and add them to the bowl with the dressing. Toss to coat. Add the watercress, onion, sesame seeds and mint. Toss again and serve immediately.

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*Per Serving (excluding unknown items): 82 Calories; 5g Fat (48.2% calories from fat); 3g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 95mg Sodium. Exchanges: 0 Grain (Starch); 0 Lean Meat; 1 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.*