

Wakame-to-Kyuri-no-Sunomono, or Cucumber and Wakame Seaweed Salad tasted with sweet vinegar

(Energy: 28 kcal, Protein: 2 g, Fat: 0.2 g, Carbohydrate: 4.9 g)

Ingredients for 1 serving

Cucumber	60 g
Salt	adequate
Fresh <i>wakame</i> seaweed	15 g
Dried tiny sardines	5 g
Ginger	1 g
<i>(Sanbaizu, or seasoned vinegar)</i>	
Vinegar	8 g
Sugar	2.4 g
Salt	0.6 g
Soy source	1.2 g
<i>Dashi</i> broth from dried bonito flakes	4 g



Directions

1. *Itazuri*, or roll cucumber on a cutting board, and slice cucumber thinly and sprinkle pinch of salt.
Let stand for 20 minutes until soft and watery, then squeeze out excess water.
2. Soak dried *wakame* seaweed in water.
3. Combine the vinegar, sugar, and soy source and *Dashi* broth, and stir until the sugar dissolves.
4. Mix in the cucumber, *shirasauboshi*, and *wakame* seaweed.
5. Garnish with shredded ginger and serve immediately.