

CARBCONTROL RECIPES

SALADS AND DRESSINGS

Asian Cucumber Salad – serves 4 (suitable for stage 1)

This is a refreshing salad that accompanies well grilled or roasted meats.

- 1 Tele-cucumber, peeled and thinly sliced
- 3 spring onions, thinly sliced
- 1 Tbsp rice wine vinegar
- 2 tsp soy sauce
- 1 tsp sesame oil
- ¼ tsp Denta Sweet

combine all ingredients in a large bowl and toss until combined. Serve immediately