

Low-Point Cucumber Salad

Ingredients:

- 2 large cucumbers, peeled and thinly sliced
- 1/4 cup rice vinegar
- 1 Tbs soy sauce
- 1 tsp. Splenda granulated sugar substitute
- 1/8 tsp. red pepper flakes (more or less to your likings)
- 1/8 tsp. salt
- 1/4 tsp. ground ginger
- 1/2 tsp. ground dill weed
- 1 Tbs chopped fresh parsley
- 1 to 2 tsp. sesame seeds for garnish (optional)

Cut off ends of the cucumbers. Peel cucumbers, thinly slice, and place into a bowl. Mix remaining ingredients and pour over cucumbers, mixing until combined. Enjoy. Refrigerate leftovers.

Points per serving - 0

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Compliments are the helium that fills everyone's balloon; they elevate the person receiving them so he or she can fly over life's troubles and land safely on the other side." - Bernie S. Siegel