

## Cucumber & Wakame Sunomono

(optional shrimp)

Serves 2

### Ingredients

- 120 g Japanese cucumber, thinly sliced
- 1 Tbsp dried wakame, rehydrated
- 2 Tbsp rice vinegar
- 1½ tsp sugar
- Pinch salt
- Toasted sesame seeds
- 4–6 small cooked shrimp, sliced (optional)



### Instructions

1. Lightly salt **cucumber** and **rest 10 minutes**; squeeze dry.
2. Stir **vinegar** and **sugar** until dissolved.
3. Combine **cucumber**, **wakame**, and **dressing**.
4. Add **shrimp** if using; finish with sesame seeds.

### Nutrition (per serving)

Kcal: 70 | Protein: 2 g | Fat: 1 g | Sat. Fat: 0 g | Carbs: 12 g | Sugars: 6 g | Fiber: 2 g | Sodium: ~180 mg

### Notes

- Excellent low-sodium contrast to sukiyaki-style dishes.
- Shrimp increases protein with minimal sodium impact.