Spicy Cucumber Salad

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BY HEATHER HURLOCK

This hydrating (spicy!) anti-inflammatory side dish supports digestion, glucose control, and mindful eating.

This Super Age take on the Spicy Cucumber Salad wakes up your taste buds and is packed with protein, hydration, and healthy fats. The heat from crushed red pepper flakes and fresh ginger adds zing and may help you eat more mindfully, according to emerging research. Hydrating cucumbers help replenish fluids and electrolytes, supporting kidney function and overall cellular health. And that touch of toasted sesame oil? It delivers gut-friendly fats that help absorb fat-soluble nutrients like vitamins A and K, enhancing bioavailability without weighing you down. It’s a simple, cooling salad with science-backed benefits for Super Agers.

Ingredients

- 2 large Persian or English cucumbers, (6 minis) thinly sliced
- 1/2 teaspoon coarse salt (for draining water from cucumbers)
- 1 tablespoon rice vinegar (or apple cider vinegar for added gut benefits)
- 1 teaspoon toasted sesame oil
- 1 teaspoon low-sodium tamari or coconut aminos
- ½ teaspoon crushed red pepper flakes (adjust to taste)

- 1 teaspoon freshly grated ginger
- 1 clove garlic, finely grated or pressed
- 1 teaspoon maple syrup or raw honey (optional, balances the heat)
- 1 tablespoon hemp seeds (for crunch, protein, and omega-3s)

Instructions

1. **Prep the cucumbers:**
   Toss sliced cucumbers with sea salt and let sit in a colander for 10–15 minutes. This draws out excess water for extra crunch. Pat dry.
2. **Make the dressing:**
   In a small bowl, whisk together vinegar, sesame oil, tamari, red pepper flakes, ginger, garlic, and sweetener (if using).
3. **Toss and finish:**
   Combine cucumbers with the dressing. Let sit for 5–10 minutes to absorb flavor. Top with hemp or sesame seeds
4. **Serve chilled** for a refreshing kick with any protein-rich main or grain bowl.

Nutrition: 163 calories, 14.9 grams of carbohydrates, 6.0 grams of protein, and 9.4 grams of fat for the entire dish.

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WRITTEN BY:



Heather Hurlock