

## CUCUMBER SALAD

Servings: 4



A simple light Korean cucumber side dish that's like a salad. Very light seasoning allows the cucumber flavor to stand out.

### Ingredients

- 1 cucumber (1 1/2 cup sliced) - Japanese, English, Persian, Pickling
- 1 tbs soy sauce
- 1 tbs rice vinegar
- 1 tbs sugar
- ½ tsp Korean red chili powder
- ¼ tsp sesame seeds
- 2 green onions, chopped

### Instructions

1. Slice cucumbers into thin slices. Around 1/8 inch (3mm)
  2. Mix soy sauce, vinegar, and sugar in a bowl
  3. Add cucumbers to the bowl
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## FRESH SUMMER SPRING ROLL

Servings: 4



### Ingredients

4 sheets of rice paper wrappers  
1 bell pepper  
2 carrots  
1 bunch of mint leaves  
1 bunch of cilantro  
1 cup sliced red cabbage  
*Optional: peanut dipping sauce*

### Directions

1. Thinly slice bell pepper, cabbage, and carrots and set aside
2. Dip one sheet of the rice paper in a shallow bowl of warm water for 3-4 seconds
3. Lay the rice paper on cutting board
4. Place a few slices of bell pepper, carrots, mint leaves, cilantro, and cabbage near the bottom of the spring roll paper, in the center
5. Fold the bottom of the spring roll over the end of the filling, then fold the uncovered sides inward, then tightly roll the wrapper all the way
6. Repeat step 2-5 for the next spring roll
7. Serve cold and with optional dipping sauce

### Other combinations

- Strawberries, mangoes, and kiwis
  - Cabbage, mint leaves, avocado, and sesame seeds
  - Rice noodle, shrimps, mint leaves, and mung bean sprouts
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## **CUCUMBER AND TOMATO**

Servings: 2



### **Ingredients**

2 slices of bread

1 tomato

1 cucumber

*Optional: mayonnaise, butter, hummus, or avocado*

### **Directions (stovetop)**

1. Lay bread on cutting board

*Optional: spread mayonnaise, butter, hummus, or avocado on each slice*

2. Slice tomato and cucumber

3. Place sliced tomato and cucumber on top of one slice of bread

4. Top with other slice of bread to make the sandwich

5. Slice in two and serve

### **Other combinations**

- Ham and cheese

- Turkey and avocado

- Cream cheese and jelly

- Hummus and cucumber

- Peanut butter (or seed/nut butter alternative) and jelly

- Peanut butter (or seed/nut butter alternative) and banana

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## OKROSHKA

Servings: 4



Okroshka is a traditional Russian recipe. Making Okroshka does require prep work – facilitators will need to boil eggs and potatoes in advance.

### Ingredients:

- 1/4 cup chopped scallions
- 1/4 cup chopped dill
- 1 small bunch radishes, cut in half and thinly sliced
- 1 small cucumber, peeled and diced
- 4 hard-boiled large eggs, diced
- 2 midsize boiled waxy potatoes (red or golden), diced
- 3 cups plain milk kefir
- 1-2 cups water
- Salt and pepper to taste

### Directions

1. In advance: boil eggs and potatoes
  2. Chop scallions and dill
  3. Cut radishes in half, then thinly slice
  4. Peel cucumber and dice
  5. Dice boiled eggs and potatoes
  6. Combine in bowl and gently stir in milk kefir and water
  7. Add salt and pepper to taste
  8. Serve cold
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# QUESADILLA

Servings: 2



## Ingredients

2 corn or flour tortillas

½ to 1 cup shredded cheddar cheese

*Optional: tablespoon unsalted butter or vegetable oil for frying*

## Additional supplies

Non-stick skillet or microwave

## Directions (stovetop)

1. Melt butter in a non-stick skillet over medium heat
2. Lay tortillas on cutting board
3. Sprinkle cheese on top of one tortilla evenly
4. Cover with second tortilla
5. Carefully place quesadilla in the pan
6. Cook until the tortilla is lightly brown and then flip
7. Cook until the cheese is melted
8. Transfer back to cutting board and cut into slices
9. Serve warm

*Optional: serve with sliced avocado, salsa, guacamole, or another dipping sauce*

## Directions (microwave)

1. Lay tortillas on cutting board
2. Sprinkle cheese on top of one tortilla evenly
3. Cover with the second tortilla
4. Carefully place quesadilla on microwave safe plate
5. Cook until the cheese is melted.
6. Transfer back to cutting board and cut into slices
7. Serve warm

*Optional: serve with sliced avocado, salsa, guacamole, or another dipping sauce*

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