



[www.goinglocal-info.com](http://www.goinglocal-info.com)

## Cool Breeze Cucumber Salad

*This refreshing salad combines thinly sliced cucumbers with fresh cilantro leaves and a flavorful sesame seed oil dressing. It's a light and crisp salad to start off any meal.*

3 whole cucumbers, peeled, halved, seeded and sliced thin  
1 cup fresh cilantro leaves, roughly chopped  
¼ cup sesame seed oil  
2 tablespoons toasted black sesame seeds  
2 tablespoons freshly squeezed lime juice  
Salt and freshly ground black pepper to taste

Toss all the ingredients into a large serving bowl and combine well.

Serve immediately.

*Serves 4-6 as a side dish.*

Recipe courtesy of Carol Ann Silkes, Ph.D., MBA, C.E.C. Dr. Silkes is a Certified Executive Chef by the American Culinary Federation (ACF) and Assistant Professor in hospitality and tourism management, Purdue University.

For more summer recipes and information about Indiana local food, visit [www.goinglocal-info.com](http://www.goinglocal-info.com) .