



Spiralized Sunomono Salad 'n Shrimp



1/4th of recipe (about 1 1/4 cups): 109 calories, 1.5g total fat (<0.5g sat. fat), 467mg sodium, 9.5g carbs, 1g fiber, 6g sugars, 14.5g protein

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Prep: 10 minutes

Chill: 15 minutes



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Ingredients

1 1/4 lbs. seedless cucumber (about 2 large or 5 small cucumbers)
3 tbsp. seasoned rice vinegar
1 tsp. reduced-sodium/lite soy sauce
Half a packet no-calorie sweetener (like Truvia)
8 oz. ready-to-eat bay shrimp
2 tsp. sesame seeds

Directions

Using a spiral vegetable slicer like [the Veggetti](#), cut cucumber into spaghetti-like noodles. (If you don't have a spiral veggie slicer, peel cucumber into thin strips, rotating the cucumber after each strip.) Roughly chop for shorter noodles.

Transfer noodles to a strainer, and pat dry.

In a large bowl, combine rice vinegar, soy sauce, and sweetener. Mix well.

Add cucumber noodles and shrimp. Gently toss to mix. Cover and refrigerate for at least 15 minutes.

Sprinkle with sesame seeds.

MAKES 4 SERVINGS

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