Thai Cucumber Salad

Ingredients
2 medium cucumbers, cut into thin slices
½ cup thinly sliced Thai basil
2 to 3 cloves garlic, chopped
½ to 1 teaspoon crushed red chili flakes
3 tablespoons coconut vinegar
1 tablespoon coconut nectar
sea salt to taste

Directions
1. In a medium-sized bowl toss together the sliced cucumbers, basil, garlic, and chili flakes. In a small separate bowl, whisk together the coconut vinegar and coconut nectar. Pour over cucumbers. Season with sea salt to taste. The salad is best served after the cucumbers have marinated for about an hour. Leftovers can be stored in the refrigerator for up to 4 days.

Yield: 4 to 6 servings

Recipe from “Nourishing Meals” by Alissa Segersten and Tom Malterre