



**Makes 2 cups**  
**Preparation Time: 10 minutes**  
**Cook Time: 30 minutes**

#### INGREDIENTS:

4 Japanese cucumbers, sliced  
¼-inch thick (about 2 cups)

2 tablespoons brown rice vinegar

2 tablespoons lemon juice

1 tablespoon pure maple syrup

1 tablespoon black or white  
sesame seeds, toasted

1 tablespoon chopped shiso  
leaves (optional)

## Quick-Pickled Japanese Cucumbers

This simple side dish is a delicious way to use up that extra cucumber rolling around in your fridge. Gently mashing the slices with the back of a spoon allows them to better absorb the flavors of a tangy-sweet dressing that will leave you licking your plate. Top with crunchy sesame seeds and serve alongside [Vegan Soba Noodle Salad](#) or [Soft Tofu with Black Sesame and Wasabi Sauce](#) for a complete Japanese-inspired plant-based meal.

**Tip:** Japanese cucumbers, also known as kyuri, are long and slender and do not contain any developed seeds, so they never have a bitter taste. If you can't find them, substitute with Persian cucumbers.

By Darshana Thacker Wendel

- 1 Place sliced cucumbers on a cutting board. Gently mash cucumbers with the back of a wooden spoon. Transfer to a bowl. Add remaining ingredients; mix well. Cover and chill for at least 30 minutes.