Sesame Cucumber Pepper Salad with Alaska Surimi Seafood
Makes 1.5 gallons (about 12 lb. with dressing)

5 lb. cucumbers, peeled with some green stripes showing, halved lengthwise, seeded, and cut crosswise into 1/3-inch slices
1 lb. white onion, sliced 1/8-inch, rinsed
1 lb. mixed red and yellow bell peppers, diced

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1/2 cup toasted sesame oil
4 cups white distilled vinegar
4 cups sugar
3/4 to 1 tsp. crushed red pepper flakes (or spice it with an Asian chili condiment)
1/2 cup toasted white sesame seeds
2 Tbsp. black sesame seeds (optional)
2 tsp. kosher salt
2 lb. Alaska Surimi Seafood (Imitation Crab), well drained

In a large bowl, mix together cucumbers, onions and peppers.

In a separate bowl, whisk together sesame oil, vinegar, sugar, red pepper flakes, sesame seeds and salt. Mix until sugar is dissolved.

Pour dressing over cucumber mixture and refrigerate at least 4 hours before serving.

For service: Mix surimi and cucumbers in small batches as needed. Add 1 lb. Alaska Surimi Seafood per 3 quarts of cucumber salad with its dressing.

Nutrients per 6 oz. serving: 167 calories, 4g total fat, 1g saturated fat, 23% calories from fat, 8mg cholesterol, 5g protein, 28g carbohydrate, 1g fiber, 148mg sodium, 18mg calcium, and 120mg omega-3 fatty acids.