Description Experience all the refreshing, savory flavors of your favorite sushi roll packed into a crisp, vibrant bowl. This sushi-inspired cucumber salad combines thinly sliced cucumbers with rich imitator crab or fresh shrimp, creamy avocado, and a tangy sesame-soy dressing. It is a quick, nutrient-dense option perfect for anyone craving a high-protein, low-carb meal without the hassle of rolling sushi.

Can This Sushi-Inspired Cucumber Salad Support Weight Loss Goals?

Yes, this recipe fits seamlessly into a weight-conscious eating plan because it leverages high-volume, lower-calorie ingredients like fresh cucumbers to keep you full and satisfied. Pairing hydration-rich vegetables with a solid lean protein base helps slow digestion and curb unwanted cravings throughout the day. By minimizing heavy rice and added sugars, you get all the satisfying sushi flavor while maintaining a nutrient-dense profile that easily supports healthy body composition goals.

Does Sushi-Inspired Cucumber Salad Fit a High-Protein Lifestyle?

Absolutely. By featuring crab meat, cooked shrimp, or edamame alongside a Greek yogurt or light mayo-based spicy dressing, this bowl delivers a powerful hit of lean protein per serving. Containing under 6 grams of net carbs, it uses fresh cucumbers, nori strips, and sesame seeds to build authentic sushi texture without unnecessary carbohydrates. It offers an easy, low-carb way to hit your daily macro targets while keeping meals exciting and delicious.

My Personal Experience

- Instant Craving Fix:

  This dish gives me all the satisfying textures and tangy flavors of a classic spicy crab roll without needing any sushi mat rolling skills.

- Effortless Meal Prep:

  I love prepping the dressing and slicing the cucumbers ahead of time for a lightning-fast mid-week lunch that stays crisp.

Perfect For:

This dish is ideal for high-protein snacks, low-carb meal preps, quick summer lunches, keto diet plans, and post-workout protein boosts.

Why You'll Love This Recipe:

- Crispy & Refreshing Texture:

  Salted and drained cucumbers provide a satisfying crunch in every bite that balances perfectly with creamy avocado.

- Packed with Lean Protein:

  Combines crab meat and edamame to deliver maximum protein support while keeping overall calories and fats light.

Common Mistakes to Avoid:

- Skipping the cucumber salting step, which releases excess water and makes the salad soggy.
- Adding the avocado too early, causing it to brown and turn mushy before serving.
- Over-dressing the salad with heavy soy sauce, which overpowers the delicate fresh cucumber taste.
- Dressing the entire batch ahead of time instead of adding dressing right before serving.

Required Equipment:

- Mandoline Slicer or Chef's Knife — Ensures paper-thin, uniform cucumber slices for optimal texture.

- Fine-Mesh Strainer — Drains excess liquid from salted cucumbers to keep the salad crisp.
- Large Glass Mixing Bowl — Provides ample space to gently toss ingredients without bruising the avocado.
- Small Whisk — Blends sesame oil, soy sauce, and dressing ingredients into a smooth emulsion.

Storage Instructions:

Store the sliced cucumbers and seafood in an airtight glass container in the refrigerator for up to 2 days. Keep the dressing and sliced avocado separate until ready to eat to maintain ultimate freshness and crunch. Freezing is not recommended for this recipe, as cucumbers lose their crisp texture upon thawing.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 0 minutes
- Total Time: 15 minutes
- Servings: 2
- Best Season for This Recipe: Summer (or all-season for light lunches)
- Total Calories (Per Serving): ~280 kcal *(approximate estimate)*

A crisp, protein-packed twist on traditional sushi flavors featuring fresh cucumber and seafood.

Low in carbs and ready in under 15 minutes with no cooking required.

Dressed in a light, creamy spicy-sesame dressing for maximum flavor.

 Ingredients:

- 2 large English cucumbers, thinly sliced (thin-skinned variety recommended; no peeling needed)
- 8 oz lump crab meat or cooked shrimp, shredded or chopped
- 1/2 cup shelled edamame, thawed
- 1 medium avocado, diced
- 1 tbsp low-sodium soy sauce (or coconut aminos)
- 2 tbsp plain non-fat Greek yogurt (or light mayo)
- 1 tsp sriracha
- 1 tsp toasted sesame oil
- 1 tbsp rice vinegar
- 1 sheet nori (seaweed), cut into thin strips
- 1 tbsp toasted sesame seeds

Directions:

1. Place thinly sliced cucumbers in a colander, toss with a pinch of salt, and let drain over the sink for 10 minutes; gently pat dry with paper towels to remove excess moisture for maximum crunch.
2. In a small mixing bowl, whisk together the Greek yogurt, low-sodium soy sauce, sriracha, toasted sesame oil, and rice vinegar until smooth and creamy.

3. In a large bowl, combine the drained cucumbers, shredded crab meat, edamame, and diced avocado.

4. Pour the dressing over the ingredients and gently fold together using a rubber spatula over low-impact tossing motions to avoid crushing the avocado.

5. Garnish generously with nori strips and toasted sesame seeds right before serving chilling cold.

Nutrition Facts (Per Serving – Approximate):

- Calories: 280 kcal
- Fats: 12 g
- Cholesterol: 65 mg
- Sodium: 580 mg
- Potassium: 620 mg
- Total Carbohydrates: 11 g
- Fiber: 5 g
- Net Carbs: 6 g
- Sugars: 3 g
- Protein: 24 g
- Calcium: 110 mg

Notes:

- Storage: Best enjoyed fresh; keep dressing separate if storing leftovers for up to 48 hours.
- Reheating: Serve cold; do not heat.
- Allergy Notes: Swap soy sauce for coconut aminos if gluten-free, and use edamame or cooked chicken if allergic to shellfish.
- Flavor Boost: Add a splash of furikake seasoning or pickled ginger slices on top before serving.