

## Weekend Recipe Corner: Healthy Pumpkin Salad

Written by Tzu Chi Foundation  
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Let's try this economical yet delicious salad!

### **Ingredients:**

1 whole pumpkin

### **Seasoning:**

Salt, sugar, fruit vinegar, cold water

### **Instructions:**

Remove the skin of the pumpkin and cut the pumpkin into thin slices. Mix in a dash of salt to the slices and let it pickle for two hours.0

Mix the sugar, fruit vinegar, and cold water well, and pour this mixture onto the pickled pumpkin. Mix well before serving. (The salad will taste the best when consumed after 3-4 hours.)

(Recipe provided by: Lin Yu Mei)

Translated by Hui Xian Wong  
Edited by Dennis Lee