

What's Fresh:

Cucumbers



They're naturally good!

- ◆ Only 16 calories per cup
- ◆ Provide fiber to aid digestion
- ◆ Hydrate the body
- ◆ 1 cup = 1 serving of veggies

Storage Tips:

To keep fresh, store cucumbers in an unsealed plastic bag in the refrigerator for up to 1 week.
Wrap cut cucumbers in plastic wrap or a plastic bag without any air for up to 1 week

Hydrate with cucumbers!

Treat yourself to cucumber-infused water!
Add peeled & chopped cucumbers to a pitcher of water and steep for an hour.
Add lemon or lime juice if desired!

Preparation Tips:

- ◆ Wash before eating: rinse and pat dry.
- ◆ Remove the ends with a knife and discard.
- ◆ If the skin is thick, waxy or discolored, peel & discard.
- ◆ Cut the cucumber in half length-wise.
- ◆ If desired, scoop out the seeds with a spoon.
- ◆ For safe cutting, place the cucumber cut-side down. Cut into sticks, half-rounds, or dice to desired size and thickness.

Ways to eat cucumbers:



- ◆ **Snack on them.** Cut them into sticks or rounds and serve with hummus or low-fat ranch for a healthy snack. Or, serve them on top of crackers with a slice of cheese or thin layer of cream cheese.
- ◆ **Add to salads & pasta salads.** Add diced cucumbers to green salads or cold pasta dishes with other chopped veggies and beans. Toss with balsamic, ranch or Italian dressing.
- ◆ **Add them to sandwiches & wraps.** Slice them thinly into rounds and add to your favorite sandwich or wrap for extra crunch. Try them with sliced cheese, turkey, tomatoes & mustard on whole wheat bread or tortillas.
- ◆ **Make salsa.** In a bowl, mix 2 cups chopped cucumbers, 1 cup chopped tomatoes, 1/2 cup chopped bell pepper and 1/2 cup of chopped onion. Toss with 2 Tablespoons of lime juice or vinegar. Season with salt and pepper to taste. For extra flavor, add 1 clove minced garlic, 1 finely chopped jalapeno, and/or a 2-4 Tablespoons of fresh cilantro, parsley or dill. Serve on top of tacos, quesadillas or your favorite fish, shrimp or seafood dish.
- ◆ **Stuff them.** Scoop them out and stuff them with tuna, chicken or egg salad.



See more recipes on the back 



Make it a meal!

RECIPES

Cucumber Boats*

Ingredients:

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|-------------------------------------------------------|-------------------------------------|
| 2 large cucumbers | 1 Tablespoon oil |
| 2 Tablespoons lemon juice | 1 Tablespoon Dijon or other mustard |
| ¼ cup chopped onion | ½ teaspoon salt |
| 1 small can tuna, chicken or salmon, drained & flaked | ¼ teaspoon black pepper |
| 1 (15-oz.) can white beans, drained & rinsed | |

Directions:

1. Peel cucumbers if desired. Cut lengthwise. Scoop out the seeds with a spoon.
2. In a medium bowl, mash beans with a fork. Add remaining ingredients.
3. Fill each cucumber half with ¼ bean mixture. Serve cold.

Cucumber Tomato Salad

Ingredients:

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|-----------------------------------------------------------------------------|---------------------------------------------|
| 2 cucumbers, sliced or chopped | 1 Tablespoon oil |
| 2 tomatoes, chopped | 3 Tablespoons vinegar |
| 1 onion, finely chopped | ¼ teaspoon salt |
| 1 clove garlic, minced (or ¼ teaspoon garlic powder) | ¼ teaspoon pepper |
| 1 (15-oz.) can or chick peas, kidney beans or pinto beans, drained & rinsed | ½ teaspoon dried oregano or dill (optional) |

Directions:

1. Combine all ingredients in a medium bowl. Chill until ready to serve. Refrigerate leftovers.

Sweet & Spicy Cucumbers

Ingredients:

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|------------------------------------------|------------------------------|
| 2 cucumbers, sliced or chopped | 2 Tablespoons sugar |
| ½ red onion, chopped | ¼ teaspoon salt |
| ½ cup vinegar (such as red wine vinegar) | ¼ teaspoon red pepper flakes |

Directions:

1. Combine the cucumbers and red onion in a large bowl.
2. In a small bowl, stir together ½ cup water, vinegar, sugar, salt and red pepper flakes.
3. Pour dressing over cucumbers and stir.
4. Serve chilled. Refrigerate leftovers.

*Recipe from Share Our Strength's Cooking Matters™

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