



cucumber

TASTY TIDBITS



Nutrition Nuggets

- Cucumbers are a low-calorie and low-sodium food.
- They support a healthy immune system, normal nerve and muscle function, and strong bones.
- The peel provides fiber for a healthy digestive system.



How to Store

- Store away from gas releasers, such as avocados, bananas, apples, and tomatoes.
- Store cut slices in a container in a refrigerator for 7 days.



How to Prepare

- Wash and dry.
- Cut into rounds or dice into cubes.



How to Enjoy

- Add to salads and salsas or add to water for a refreshing beverage.
- Use for dipping or pickling.

#DYK

- A cucumber contains 96% water, making it a great hydrating summer snack!



cucumber RECIPES

Tomato Cucumber Salad

INGREDIENTS

Salad

- 4 large tomatoes, cubed
- 1 large cucumber, chopped
- 1 cup red onion, chopped
- 1 cup green pepper, chopped
- 1/3 cup parsley, chopped

Dressing

- 1/3 cup apple cider vinegar
- 1 tablespoon olive oil (or oil of your choice)
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon honey

DIRECTIONS

1. In a large bowl, combine the salad ingredients.
2. In a small bowl, mix the dressing ingredients.
3. Pour the dressing over the salad. Mix well.
4. Refrigerate for at least 1 hour before serving.

Greek Salad

INGREDIENTS

- 6 romaine lettuce leaves (or lettuce of choice)
- 1 medium cucumber, sliced
- 1 medium tomato, chopped
- 1/2 cup red onion, sliced
- 1/3 cup feta cheese, crumbled
- 2 tablespoon olive oil
- 2 tablespoon lemon juice
- 1 teaspoon oregano, dried
- 1/2 teaspoon salt

DIRECTIONS

1. Combine lettuce, cucumber, tomato, onion, and cheese in a large serving bowl.
2. Whisk together oil, lemon juice, oregano, and salt in a small bowl.
3. Pour over lettuce mixture and toss until coated.
4. Serve immediately.