

# CUCUMBERS



## TRY THIS

- Add cucumbers to dressings, sandwiches, wraps, smoothies, soups, and salads.
- Mix fresh sliced cucumbers with cubed watermelon, feta, and mint leaves for a refreshing salad.
- Place 1 thinly sliced cucumber in a pitcher of water, let chill for 2 hours, and serve or will keep up to 2 days.

## BUYING AND STORING

- Select firm, bright medium to dark green cucumbers with no blemishes or soft spots.
- Store cucumbers in refrigerator an airtight container or wrap individually in plastic wrap or paper towel for up to five days.
- Wash cucumbers before eating.

# TASTES LIKE SUMMER SALAD

Time: 1 hour 15 minutes | Makes: 6 servings | Serving Size: ½ cup

Nutrition Information Per Serving: Calories 132, Carbohydrate 19g, Dietary Fiber 5g, Protein 6g, Total Fat 4g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 251mg

## INGREDIENTS

2¾ cups cucumbers, seeded and diced

1 cup cherry or grape tomatoes, halved lengthwise

¼ cup red onion, diced

One 15-ounce can chickpeas, rinsed and drained

2 tablespoons red wine vinegar

1 tablespoon vegetable oil


¼ teaspoon kosher salt

¼ teaspoon black pepper

2 tablespoons fresh basil, torn (optional)

## INSTRUCTIONS

1. In a large bowl, combine cucumbers, tomatoes, onion, and chickpeas.
2. In a small bowl, whisk together red wine vinegar, oil, salt, and pepper.
3. Pour the dressing over the cucumber mixture and gently combine.
4. Chill at least one hour.
5. Garnish with fresh basil (optional) and serve.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

## CHANGE IT UP

- Add ½ jalapeño, seeded and finely diced.
- Use balsamic vinegar or fresh lemon juice instead of red wine vinegar.
- Add ¼ cup Parmesan, crumbled feta, or bleu cheese.