

Cucumbers



Key Points

- ▶ A good source of vitamin K. Contain carotenoids that may be good for health.
- ▶ Choose firm, well-shaped, dark green cucumbers that are heavy for their size.
- ▶ Wash hands with warm water and soap for at least 20 seconds before and after handling fresh fruits and vegetables.
- ▶ Refrigerate cucumbers in a perforated plastic bag up to one week.

Cucumber Salsa With Homemade Tortilla Chips

Number of servings: 10

Ingredients:

- 4 cucumbers, chopped
- 3 tomatoes, chopped
- 1 red onion, chopped
- 1 package (1 ounce) ranch-style dressing mix
- ¼ cup vinegar (more or less depending on how sweet you want it)
- ¼ teaspoon sugar
- ½ pound whole-wheat, 96% nonfat, baked tortillas

Directions:

- ▶ In a medium bowl, add cucumbers, tomatoes, and onion.
- ▶ In a smaller bowl, whisk the dressing mix, vinegar, and sugar together.
- ▶ Pour dressing over vegetables and stir well. Refrigerate for about an hour to allow flavors to blend.
- ▶ To make homemade tortilla chips, cut tortillas into wedges. Place on baking sheet and bake at 350°F for 8-10 minutes, until golden brown.

Per serving: 94 calories; 1 g fat (trace saturated fat); 3 g protein; 19 g carbohydrate; 3 g dietary fiber; 0 mg cholesterol; 188 mg sodium.

Cucumber Salad

Number of servings: 2

Ingredients:

- 1 cucumber, thinly sliced
- 2 tablespoons nonfat plain yogurt
- 1 tablespoon vinegar
- 1 teaspoon dill weed
- Dash ground black pepper

Directions:

- ▶ Add cucumber to salad bowl.
- ▶ In a small bowl, mix together yogurt, vinegar, and dill weed. Pour over cucumber slices.
- ▶ Stir until coated. Chill.

Per serving: 30 calories; trace fat (trace saturated fat); 2 g protein; 6 g carbohydrate; 1 g dietary fiber; trace cholesterol; 15 mg sodium.

Quick Tips

- ▶ Rack up one more veggie during the day by adding finely diced, peeled, and seeded cucumber to chicken, shrimp, or tuna salad. Leave the skin on for more nutrients!
- ▶ Depending on their age, ask children to help clean, peel, or cut up the cucumbers.
- ▶ Clean cucumber and other firm-skinned produce under running tap water while rubbing with your hands or scrubbing with a clean brush.
- ▶ Mix thin slices of cucumber into coleslaw for a cool and healthy addition.

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