

Cucumbers

Key Points

- For the best buy, choose firm, unspotted cucumbers.
- To prepare cucumbers, rinse and remove ends before eating.
- To store fresh, refrigerate whole cucumbers for up to one week.
- Cucumbers contain fiber which helps to keep you regular.



Cucumber Dip with Pita Chips

Ingredients:

2 cucumbers, chopped
1 carrot, chopped
2 garlic cloves, minced
1 cup plain low fat yogurt
Salt and pepper to taste
2 pita breads
2 teaspoons vegetable oil

Directions:

1. Preheat oven to 400°F.
2. In a small bowl, stir together cucumbers, carrot, garlic, yogurt and salt and pepper. Chill until ready to serve.
3. Cut each pita bread into 8 wedges and place on baking sheet.
4. Brush pita bread with oil.
5. Bake for 10 minutes or until crispy and lightly browned. Cool.
6. Serve pita chips with the dip.
7. Refrigerate leftover dip.

Makes 4 servings.

Cucumber Tomato Salad

Ingredients:

2 cucumbers, sliced
2 tomatoes, chopped
1 onion, sliced
1/2 teaspoon chopped garlic
1/2 teaspoon oregano (optional)
1 tablespoon vegetable oil
3 tablespoons vinegar

Directions:

1. Combine all ingredients in a medium bowl.
2. Chill for one hour.
3. Toss and serve. Enjoy!
4. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Add chopped cucumbers to salads.
- Slice cucumber in half and scoop out seeds. Fill with low fat cottage cheese, tuna or egg salad.
- Add cucumber slices to your sandwiches for extra crunch!
- Remember to rinse all fruits and vegetables before using.

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