

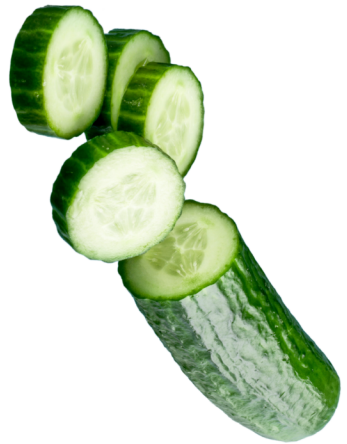
Cucumber

Vegetable - Gourd

Food Facts

Serving Size ≈ 1 cup, sliced or chopped

- **FRUIT!?** - While it's widely used in cooking as a vegetable; Botanically, it's a fruit!
- **STORAGE**- Store cucumbers in the refrigerator. Whole cucumbers may last longer than sliced ones but for freshness, eat within 1 week.
- **HYDRATION**- Cucumbers are about 95% water! An excellent hydrating snack for hot days!



How to Use

- **DIP IT** - Cut cucumbers into sticks for a healthy, hydrating, crunchy snack to dip into hummus or yogurt-based dips.
- **SALADS** - Slice cucumbers for a crisp addition to salads, offering a refreshing flavor to add to leafy greens.
- **FLAVOR THINGS UP** - Add cucumber slices to water along with mint or lemon for a refreshing and hydrating beverage.

Marinated Cucumber Salad

Serves: 4

Ingredients

- 2 Cucumbers** - sliced
- 3 cloves** - Garlic peeled & thinly sliced
- 2 stalks** - Green Onions sliced
- 1/2 cup** - Cilantro chopped
- 1/2 cup** - Mint chopped
- 3/4 cup** - Rice Vinegar (enough to coat)
- (Optional) 1 pinch** - of Crushed Red Pepper Flakes, of Salt, of Black Pepper, of Peanuts chopped, to taste

Instructions

1. Combine cucumbers, garlic, green onions, cilantro and mint in a large bowl.
2. Add rice vinegar, crushed red pepper, salt and pepper; toss gently to combine.
3. Chill and allow to marinate for at least one hour. Taste and adjust seasonings. Top with chopped peanuts before serving.



Nutrition Facts

Serving Size 0.75 cup

Serving Per Container 4

Amount Per Serving

Calories 151

% Daily Value*

Total Fat 11 g 14%

Saturated Fat 1 g 5%

Sodium 454 mg 20%

Total Carbohydrate 8 g 3%

Dietary Fiber 3 g 11%

Protein 7 g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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