

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.



Sweet and Spicy Cucumbers

Ingredients:

3 cucumbers, thinly sliced
1/2 red onion, chopped
1/2 cup red wine vinegar
2 tablespoons sugar
1/4 teaspoon salt
1/4 teaspoon red pepper flakes

Directions:

1. Combine the cucumbers and red onion in a large bowl.
2. In a small bowl, stir together 1/2 cup water, vinegar, sugar, salt and red pepper flakes.
3. Pour dressing on cucumbers and stir.
4. Serve chilled and enjoy!
5. Refrigerate leftovers.

Makes 6 servings.

Adapted from ourbestbites.com



Just Say Yes to Fruits and Vegetables

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
Salt and pepper to taste

Directions:

1. Combine all ingredients in a medium bowl.
2. Chill for one hour.
3. Stir 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.

For more information about Stellar Farmers Markets, visit www.nyc.gov/health/farmersmarkets
Visit our website at www.jsyfruitveggies.org for more great recipes!

This material was funded by USDA's Supplemental Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD).