

cucumbers

select

Choose dark green, firm cucumbers that are heavy for their size.

store

Refrigerate cucumbers in a plastic bag. Use within 7 days.

prepare

Scrub cucumbers with a soft vegetable brush or remove their peel with a vegetable peeler.

1 medium cucumber = 1 cup chopped



cucumber and tomato salad

- 2 medium cucumbers, chopped
- 2 medium roma tomatoes, chopped
- 1/4 cup low fat mayonnaise
- 1/4 cup low fat sour cream
- 2 tablespoons dry dill weed

step 1 Combine cucumbers and tomatoes in a bowl.

step 2 Stir mayonnaise, sour cream and dill weed together.

step 3 Stir sauce into vegetables.

Makes 4 servings - One serving (1/2 cup) has 65 calories, 4 gms fat, 79 mg sodium and .5 gms fiber.

Try something different:

- Use fresh chopped cilantro instead of dill.



summer cucumbers

- 5 cups sliced cucumbers
- 1/2 cup sliced red onion
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons red wine vinegar

step 1 Combine cucumbers, onion, salt, black pepper and vinegar together.

Makes 4 servings - One serving (1 cup) has 27 calories, 0 gms fat, 3.5 mg sodium and 1.5 gms fiber.

mini cucumber sandwiches

step 1 Spread crackers or small pieces of bread with hummus or low fat vegetable dip.

step 2 Top with cucumber slices.

step 3 Sprinkle with a little dry dill weed.

variation - use thin tomato slices or shredded carrots instead of cucumber slices.