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

summer cucumbers

5 cups sliced cucumbers
½ cup sliced red onion
½ teaspoon salt
½ 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, 35 mg sodium and 1.6 gms fiber.

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cucumber and tomato salad

2 medium cucumbers, chopped
2 medium roma tomatoes, chopped
¼ cup low fat mayonnaise
¼ 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 (¼ cup) has 95 calories, 4 gms fat, 79 mg sodium and .5 gms fiber.

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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.