

# 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, peeled and 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.

**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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# The Nutrition Facts Label—What does it tell us?

Recipe name: Cucumber Tomato Salad

## Nutrition Facts

Serving Size: 1/6 of recipe (170g)

Servings Per Recipe: 6

### Amount/Serving

**Calories** 50      **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2.5g      **4%**

Saturated Fat 0g      **2%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 5mg      **0%**

**Total Carbohydrate** 8g      **3%**

Dietary Fiber 1g      **5%**

Sugars 4g

**Protein** 1g

Vitamin A 8%      Vitamin C 25%

Calcium 2%      Iron 4%

\*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH