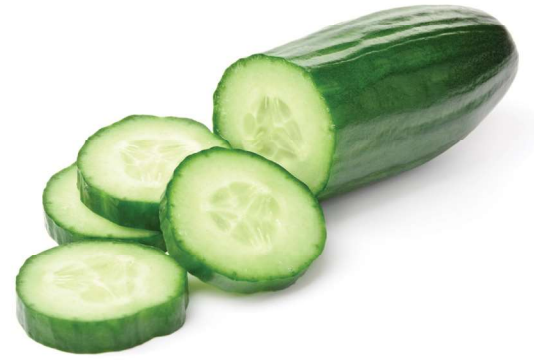


# Cucumbers

- Choose firm cucumbers without spots or bruises.
- Refrigerate whole cucumbers for up to 1 week.
- Before eating, rinse and cut off the ends. The skin and seeds can be eaten and are full of fiber and nutrients.
- Cucumbers contain lots of water, which helps to keep you hydrated.



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

**Makes 6 servings.** Adapted from [ourbestbites.com](http://ourbestbites.com).

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## Cucumber Tomato Salad

### Ingredients:

2 cucumbers, sliced  
2 tomatoes, chopped  
1 onion, sliced  
1/2 teaspoon chopped garlic  
1/2 teaspoon dried oregano (optional)  
1 tablespoon vegetable oil  
3 tablespoons vinegar  
Salt and pepper to taste

### Directions:

1. In a medium bowl, combine all ingredients.
2. Chill for 1 hour.
3. Stir and serve. Enjoy!
4. Refrigerate leftovers.

**Makes 6 servings.**

## Quick Tips

- Add chopped cucumbers to salads or sandwiches for extra crunch.
- Slice cucumbers in half lengthwise and scoop out seeds. Fill with low-fat cottage cheese, tuna or egg salad.
- Make quick pickles: Mix the same amount of vinegar and water with a pinch of salt and your favorite spices. Pour over cucumber slices and enjoy in 1 hour.

## Kids can:

- Rinse cucumbers before eating.
- Cut cucumbers with a plastic knife.