

# CUCUMBERS



## HOW DO THEY TASTE?

Cucumbers are slightly sweet, juicy, and very crunchy.

## HOW DO I PICK THEM?

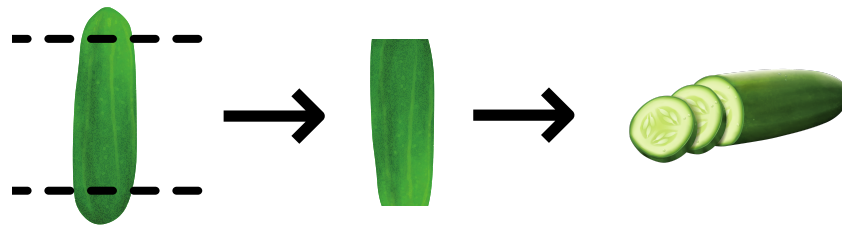
Choose firm cucumbers that are free of soft spots. Cucumbers are available all year round at the grocery store but can be found locally in their peak season between the months of July to October.

## HOW DO I STORE THEM?

Store cucumbers in a plastic bag on a shelf toward the front of the refrigerator for up to 3-5 days. Do not rinse cucumbers until you are ready to eat them.

## HOW DO I PREPARE THEM?

- Rinse in cool water.
- Cut off both ends.
- Slice or chop as desired. Waxed cucumbers need to be peeled, but you can leave the peel on unwaxed cucumbers. The skin has extra nutrients!



Add cucumber slices to a **salad** or into a glass of **water**, add into a **smoothie**, or enjoy **plain and fresh** as a refreshing summer snack. You can even cook cucumbers! Try **roasting** them, **cooking** in a pan with oil and garlic or make a delicious cucumber **soup**!



## CHILLED CUCUMBER SOUP

### Ingredients:

- 3 tablespoons fresh mint leaves
- 3 tablespoons fresh dill
- 4 small cucumbers
- 1 tablespoon lemon juice
- 2 cloves garlic, crushed
- 2 cups low-fat plain yogurt
- 1 tablespoon olive oil
- 1/2 teaspoon salt

### Directions:

1. Chop fresh mint leaves and dill.
2. In a blender, combine chopped mint, chopped dill, cucumbers, lemon juice, garlic, yogurt, olive oil and salt. Blend on high speed until smooth.
3. Serve immediately or chill in refrigerator until ready to serve.

For recipes & information about preparing healthy foods, visit [web.uri.edu/SnapEd](http://web.uri.edu/SnapEd) or call us at 1-877-366-3874.



Community Nutrition Education RI



RISNPEd



URI Nutrition



URI\_Nutrition\_Ed

## KITCHEN TIP!

Choose small to medium sized cucumbers. Over-large cucumbers tend to have large seeds and less flavor.