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Uses & Preparation

- ❖ Wash cucumbers; peeling is optional.
- ❖ Add a decorative touch to your meal. Run tines of fork down entire length of the cucumber, penetrating the peel. Slice crosswise.
- ❖ Add sliced cucumbers to tossed salads.
- ❖ Shred and mix with dill and low-fat sour cream.

Selection

- ❖ Look for firm cucumbers with rich green color and no soft spots.

Storage

- ❖ Refrigerate whole cucumbers in a crisper up to 1 week. Keep unwaxed cucumbers wrapped in plastic.

Varieties

- ❖ Regular cucumbers — a popular variety with soft, edible seeds. The skin is often waxed to seal in moisture.
- ❖ Gourmet cucumbers — sometimes called “burpless” or seedless (actually, the seeds are very small).

Cucumber

“Cool as a cucumber” isn't just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air. No wonder these are such a summertime favorite! Cucumbers are cool and moist due to their high water content; they belong to the same family as watermelon, pumpkin, zucchini and other squashes.



Nutrition Information

☞ Fat, sodium & cholesterol free ☞ Low in calories ☞

Recipes

Easy Refrigerator Pickles

6 cups thinly sliced cucumbers
2 cups sliced onions
1½ cups sugar
1½ cups white vinegar
½ teaspoon salt

In a glass or crockery bowl, alternately layer the sliced cucumbers and onions. In saucepan, mix sugar, vinegar and salt. Bring to boil, stirring just until sugar has dissolved. Pour mixture on top of cucumbers and onions. Cool slightly then cover tightly. Refrigerate for 24 hours before serving. Store up to 1 month in refrigerator.

Cucumber Sauce

A fresh cucumber relish to serve with fish.
1 medium cucumber
⅛ teaspoon ground pepper
1 tablespoon white vinegar
Salt to taste

Pare the cucumber. Grate it by hand or in a food processor, and squeeze out most of the juice. Mix with the pepper, vinegar, and salt. Refrigerate until ready to use.

