

Cucumber

Cucumbers originated in India thousands of years ago. Cucumbers come in several varieties which can be used for different purposes. Some varieties are usually pickled while others are eaten raw.



HOW DO I MAKE A GOOD SELECTION?

Choose firm cucumbers with a dark green color. Avoid if there is a bulge in the middle of the cucumber or if there are soft spots.

WHAT IS THE PROPER STORAGE?

Store unwashed cucumbers in a plastic bag in the refrigerator for up to one week.

WHY SHOULD I EAT THIS?

Cucumbers contain water to help keep you hydrated. Cucumbers also have fiber, which helps maintain bowel function. Potassium is a mineral found in cucumbers which helps regulate fluid balance and muscle contractions. Vitamin C is in cucumbers, which helps heal cuts and wounds.

HOW COULD I USE THIS?

- Add to a sandwich or whole wheat wrap
- Try cucumbers on a salad
- Use cucumbers in a gazpacho
- Add cucumbers to a coleslaw
- Make your own tzatziki dip
- Add to a quinoa, brown rice or whole grain pasta salad
- Cut into slices or sticks and dip into hummus



DID YOU KNOW?

A cucumber is made up of 96% water.

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST 							×	×	×			
MARKET 							×	×	×			

Sources: SNAP-Ed Connection and Nebraska Buy Fresh Buy Local



Photo Credit: Marusa Cernjul

RECIPE:

Turkey and Cucumber Sandwich

4 Servings

Ingredients:

- 1/2 c. plain fat-free yogurt
- 2 fresh dill sprigs, chopped
- 1/4 c. onion, chopped
- 1/2 c. cucumbers, chopped
- 1/8 tsp. black pepper
- 1/8 tsp. salt (optional)
- 8 slices whole wheat bread
- 8 ounces turkey breast, thinly sliced

Directions:

1. Wash hands with soap and water.
2. Gently rub dill sprigs under cold running water. Scrub onion and cucumber with clean vegetable brush under running water. Prepare as directed in ingredient list (chop).
3. Mix the yogurt, dill, onion, chopped cucumbers, pepper and salt (optional) in a medium-sized bowl. Spread mixture on 4 slices of bread.
4. Top yogurt mixture with turkey and cover with a slice of bread.
5. Store leftovers in a sealed container in the refrigerator.

Options: Swap out the fresh dill for 1/2 tsp. dried dill. You can add cucumber slices on top of the turkey for more texture and nutrients. Use low-sodium deli turkey to reduce the amount of sodium in the recipe.

Nutrition Info:

Nutrition Facts

4 servings per container	
Serving size	1/2 a sandwich
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 820mg	36%
Total Carbohydrate 42g	15%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 124mg	10%
Iron 2mg	10%
Potassium 285mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: USDA MyPlate Kitchen, Grain Chain