



TASTE OF THE

SEASON...



C U C U M B E R

Creamy Cucumber Salad

- 3 cucumbers
- ¼ cup of onion, sliced thinly and diced
- 1 (8 ounce) carton of low-fat sour cream
- 1 tablespoon of lemon juice
- 1 teaspoon of sugar
- Pepper to taste



Wash and peel your cucumbers. Slice them the long way, then slice them again until you have four long quarters. Now cut the strips into cubes or bite-sized pieces. In a bowl, mix together the rest of the ingredients. Add the cucumbers and mix well. You may serve it immediately. Store it for up to a week in the refrigerator.

Nutrition Facts

Serving Size 1 cup, chopped or diced 143g (143 g)

Amount Per Serving		% Daily Value*	
Calories	16	Calories from Fat	2
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat			
Cholesterol	0mg		0%
Sodium	26mg		1%
Total Carbohydrate	3g		1%
Dietary Fiber	2g		7%
Sugars	2g		
Protein	0g		
Vitamin A	5%	Vitamin C	2%
Calcium	0%	Iron	3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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“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!



Storage Tips:

- ✓ Unpeeled cucumbers should be washed in cold water to remove any dirt.
- ✓ Cucumbers should be refrigerated in a plastic bag soon after purchase. They should keep for about a week.

Make Cucumbers Part of Your 5 a Day Plan

- Add sliced cucumbers to tossed salads.
- Shred cucumbers and mix with dill and low fat or fat free sour cream for a tasty dip.
- Serve cucumbers on your veggie platters.

What to look for when buying Cucumbers

Look for firm, well-shaped cucumbers with a deep green color.



You will relish this quiz!



“Cool as a cucumber” means?

- I am a very relaxed person.
- I have cold feet.
- The air conditioner is too low.
- Your skin has a greenish color.