

Vegetable of the Month

Cucumbers



Nutrition Facts

Serving Size (99g)
Servings Per Container

Amount Per Serving

Calories 10 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 1g

Vitamin A 4% • Vitamin C 10%

Calcium 0% • Iron 0%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

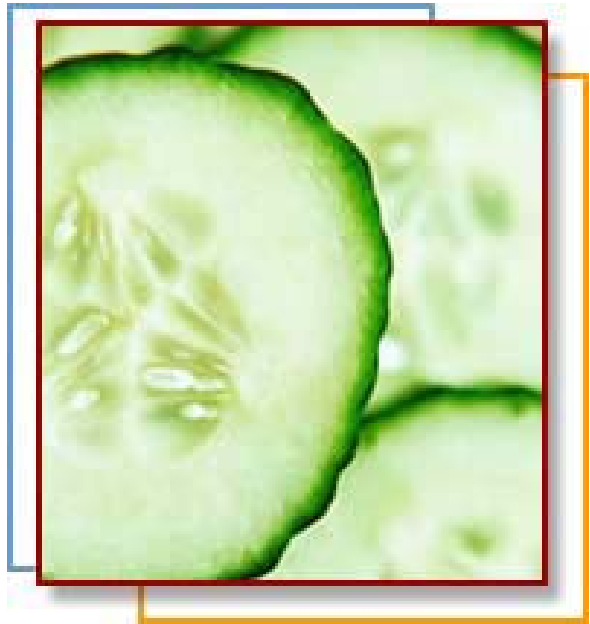
"Cool as a cucumber" isn't just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air. No wonder these are such a summertime favorite!

Cucumbers were believed to have originated in India and spread through Greece and Italy. They made their way into North America agriculture by the mid-16 century. Cool and moist due to their high water content. "Cukes" belong to the same family as pumpkins, zucchini, watermelon and other squashes.

There are several varieties of cucumber; the most popular are English, Persian, and Pickling cucumbers. All these varieties are available year round.

Persian cucumbers are also known as regular cucumbers with soft, edible seeds. The skin is often waxed to seal in moisture.

English cucumbers are sometimes known as gourmet cucumbers, "burpless", or seedless cucumbers. This variety has seeds that are very small but do not need to be removed. Longer and thinner than regular cucumbers this variety is usually shrink-wrapped to seal in moisture because they are not waxed.



Selection

It's important to look for firm cucumbers with rich green color and no soft spots. Cucumbers that bulge in the middle, usually most likely means its filled with large watery seeds and tasteless flesh.

Storage

Whole cucumbers should be refrigerated in a crisper for up to a week. Unwaxed cucumbers will easily lose moisture so keep them wrapped tightly in plastic.

Uses & Preparation

- Wash; removing seeds and peeling depends on the variety and is optional. To seed, slice in half lengthwise and scrape out with the tip of a teaspoon.
- Add a decorative touch to your veggie platter. Run tines of a fork down the entire length of the cucumber, penetrating the peel. Slice crosswise.

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 or accompaniment to a salmon entree.
- Use cucumbers as an edible garnish to your main dishes.
- Serve cucumbers on your veggie platters at your next gathering.
- Try cucumber gazpacho with diced cucumbers, bell peppers, scallions, garlic, and tomato juice, stir, chill and serve!

Recipes

Cucumber and Tomato Topping

Makes 4 servings

Each serving equals one and one half 5 A Day servings

Source: Produce for Better Health

- 2 medium, cucumbers, peeled, seeded and chopped
- 1 Tbsp white wine vinegar
- 1 Tbsp parsley, fresh, chopped
- 2 Tbsp basil, fresh, chopped or 1/2 tsp dried
- 1 ripe medium, tomato, chopped
- 1 clove garlic, minced
- 2 Tbsp olive oil
- 8 oz pasta, cooked and drained



In a mixing bowl, combine cucumbers, tomatoes, vinegar, parsley, basil and oil. Toss gently till all ingredients are evenly blended. Add salt and pepper to taste is optional. Ladle over hot pasta or toss with hot pasta and serve immediately.

Nutritional analysis per serving: calories 293, protein 9g, fat 8g, percent calories from fat 24%, cholesterol 0mg, carbohydrates 46g, fiber 3g, sodium 10mg

Seedless Cucumbers, Yogurt, Mint and Garlic Salad

Makes 6 servings

Each serving equals one 5 A Day serving

Source: Produce for Better Health

2 European cucumbers or 3 medium regular (Persian) cucumbers

1 garlic clove, mashed and minced

3 Tbsp mint, fresh, chopped or 1 Tbsp dried

1/2 tsp salt

1 pint non-fat yogurt

Peel and slice or dice cucumbers. Mash garlic with salt and add to yogurt. Add cucumbers and fresh or dried mint to the yogurt and gently stir until cucumbers are well dispersed throughout the salad.

Nutritional analysis per serving: calories 46, protein 4g, fat 0g, percent calories from fat 3%, cholesterol 2mg, carbohydrates 8g, fiber 1g, sodium 204mg

Cucumber Pasta Salad

Makes 6 servings

Each serving equals one 5 A Day serving



1/2 cup rotini or rotelle pasta
4 English cucumbers - peeled,
quartered and chopped
4 stalks celery, chopped
1 large onion, chopped
1 cup low fat creamy salad dressing
1 cup buttermilk
2 tsps celery seed

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In large bowl, combine pasta, cucumber, celery and onion. In small bowl, combine dressing, buttermilk and celery seed. Toss salad with dressing, cool, and serve.

Nutritional analysis per serving: calories 252, protein 3g, fat 20g, percent calories from fat 30%, cholesterol 15mg, carbohydrates 18g, fiber 2g, sodium 324mg

Tomato, Cucumber and Red Onion Salad with Mint

Makes 6 servings

Each serving equals one and one half 5 A Day servings

2 large cucumbers - halved lengthwise, seeded and sliced

1/3 cup red wine vinegar

1 Tbsp white sugar

1 tsp salt

3 large tomatoes, seeded and coarsely chopped

2/3 cup coarsely chopped red onion

1/2 cup chopped fresh mint leaves

3 Tbsps olive oil

Salt and pepper to taste

In a large bowl, toss together the cucumbers, vinegar, sugar and salt. Let stand at room temperature for an hour, stirring occasionally.

Add tomatoes, onion, mint and oil to cucumbers and toss to blend. Season to taste with salt and pepper.

Nutritional analysis per serving: calories 116, protein 2g, fat 7g, percent calories from fat 11%, cholesterol 0mg, carbohydrates 12g, fiber 2g, sodium 399mg