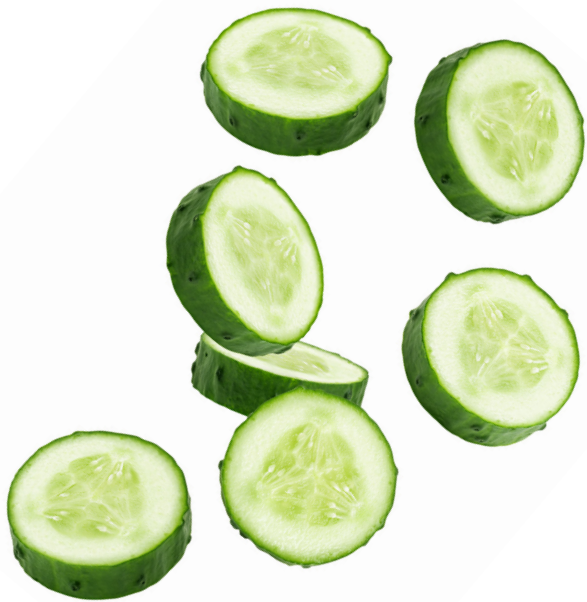


HARVEST OF THE MONTH:

Cucumber



Nutrition Facts

Serving Size 133 g

Amount Per Serving

Calories 16 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Sugars 2g

Protein 1g

Vitamin A 2% • Vitamin C 7%

Calcium 2% • Iron 2%

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

NutritionData.com

HELPING YOUR CHILD BE HEALTHY

- Cucumbers are an excellent source of water for your child. Cucumbers are 96% water!
- The recommended daily amount of fluid is 64 oz. or 8 cups. Monitor your water intake and see if you're getting enough each day.
- Other champion sources of water include grapefruit, spinach, strawberries, tomatoes, watermelon, honeydew melon and celery.
- Garner your water intake from tap water and from food sources to achieve 8 glasses.

PRODUCE TIPS

- Look for different varieties of cucumbers like apple, lemon, Japanese, Persian or English.
- Choose firm cucumbers with smooth skins.
- Avoid cucumbers that are shriveled.
- Store in cool, dry place or in the refrigerator.

SERVING SUGGESTIONS FOR CUCUMBERS

- Eat a cool, crisp cucumber for a thirst-quenching snack!
- Add sliced cucumbers to salads for extra crunch.
- Make a cucumber and tomato pita sandwich.
- Serve sliced cucumbers with low-fat yogurt or ranch dip.
- Enjoy a pickle!
- Check out a new recipe on the back of this sheet and enjoy cucumbers tonight with your evening meal.



Cucumber Recipes

VEGGIE TORTILLA ROLL-UPS

INGREDIENTS

- 4 whole wheat tortillas (7-inch)
- 8 T (½ C.) nonfat cream cheese
- 2 C. shredded romaine lettuce
- 1 C. chopped tomato
- ½ C. chopped bell pepper (any color)
- ½ C. chopped cucumber
- ¼ C. diced canned green chilies
- ¼ C. sliced ripe olives, drained

DIRECTIONS

Spread each tortilla with 2 tablespoons of cream cheese. Top with equal amounts of vegetables. Roll up tightly to enclose filling and serve.

CHILI CUCUMBERS

INGREDIENTS

- 20 whole wheat crackers
- 2 cucumbers (20 slices)
- Chili powder
- Serving tray and napkins

DIRECTIONS

Place one cucumber slice on top of a cracker. Sprinkle with chili powder and serve.

CUCUMBER SALAD

INGREDIENTS

- 4 medium cucumbers, peeled and sliced
- 8 oz. non-fat plain yogurt
- 8 oz. reduced fat sour cream
- ½ C. diced onion
- 2 garlic cloves
- 1 T dried dill weed
- Salt and pepper to taste

DIRECTIONS

Drain cucumbers for a few minutes on paper towels. In a serving dish, stir together the yogurt, sour cream, onion, garlic, and dill. Add cucumbers, and gently mix to coat. Season with salt and pepper. Refrigerate for a couple of hours before serving for best flavor.

CUCUMBER SANDWICHES

INGREDIENTS

- 1 (8 ounce) package whipped cream cheese
- 1 package dry Italian-style salad dressing mix
- 1 (1 pound) loaf cocktail rye bread
- 1 cucumber, thinly sliced

DIRECTIONS

In a small bowl, mix whipped cream cheese and dry Italian-style dressing mix. Spread equal portions of the mixture on slices of the cocktail rye bread. Top each with a slice of cucumber.

