



Cucumber

“Cool as a cucumber” The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air.

Store: Store in the refrigerator drawer for up to one week. Cucumbers do not like excessive cold. Use leftovers as soon as possible as cut cucumbers will deteriorate quickly.

Prepare: Wash cucumber to remove dirt. Cucumbers do not need to be peeled unless it is waxed or not organic. Seeding a cucumber is optional. To seed a cucumber cut in half lengthwise and scrape out seeds with the tip of spoon.

Serve: Cut or slice and eat raw or with dip, place into green salads or use in your sandwich. Pureed or grated cucumbers can be used in a chilled vegetable soup stock. Run a fork down the cucumber making sure to break the skin and cut into slices to add a decorative touch.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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Cucumber Recipe

Cucumbers with Dill

Ingredients:

1 cucumber, peeled and sliced
1 tablespoon coarsely chopped fresh dill
Salt and pepper
3 to 4 tablespoons rice vinegar, unseasoned, or
cider vinegar

Directions:

Combine all ingredients in a bowl; cover and
refrigerate until ready to serve.
For best flavor, chill this salad for at least 2 hours
before serving

Prep Time: 5 minutes

Serves 2 to 4, but can be doubled or
tripled quite easily.

enjoy!



Source:
<http://southernfood.about.com/od/cucumbers/r/r70622f.htm?p=1>



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