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CUCUMBERS

Cucumbers are a great addition to any snack or meal. Best enjoyed raw, they add



a nice, refreshing “crunch” to salads, snacks, sandwiches, wraps, and even cold soups. Check out these helpful tips to make cucumbers fun for the entire family!

SELECT

- ▶ Choose bright to dark green cucumbers that are narrow and firm.
- ▶ Avoid cucumbers that are shriveled or dull-colored or that have yellow spots.
- ▶ Cucumbers are available in Mississippi year-round. However, when in season, they will cost less. They are in season in Mississippi from May through September.

STORE

- ▶ Cucumbers can be kept in the refrigerator for a week. After they have been peeled or cut, store in a plastic bag or sealed container. Use within 2 days.
- ▶ Cucumbers should not be frozen due to their water content.
- ▶ Store cucumbers in the refrigerator crisper drawer away from fruit and meat.

LEARN MORE

- ▶ To learn more about cutting or storing cucumbers, visit HappyHealthy.MS and click on Tips and Videos.
 - Chop, Slice, Dice, Mince, Peel, and Crush
 - How to Store Fruits and Vegetables

PREPARE

- ▶ Cucumbers may be sliced, chopped, cubed, diced, or peeled.
- ▶ Be sure to rinse and cut off both ends before enjoying.
- ▶ They are best served raw but can also be served in hot dishes.

FUN WITH FOOD



CHILDREN CAN HELP

- ▶ Children can help select cucumbers from the grocery store, farmers market, or garden.
- ▶ Younger children can help with washing and storing. Older children can peel, slice, or chop cucumbers.
- ▶ Sliced or cubed cucumbers make a great snack. Pair with a low-fat dip such as hummus, salsa, or yogurt-based dressing.
- ▶ Cucumbers naturally contain a lot of water. Be “cool as a cucumber” and enjoy cucumbers especially in summer months!



ENJOY



BLACK-EYED PEA SALAD

INGREDIENTS

- 2 15-ounce cans black-eyed peas
- 1 15-ounce can corn
- 1 bunch green onions (5 green onions) or 1 onion, small
- 1 avocado (optional)
- 2 tomatoes, medium
- 1 bell pepper, medium
- 1 cucumber, medium
- 1 tablespoon oil
- 2 tablespoons vinegar or lime juice (juice of one lime or from a bottle)
- ½ teaspoon salt
- ½ teaspoon black pepper

DIRECTIONS

1. Wash your hands well with soap and warm water for 20 seconds.
2. Drain and rinse black-eyed peas and corn.
3. Wash and finely chop green onions.
4. Cut avocado in half and remove seed and skin. Dice avocado (optional).
5. Wash and dice tomatoes, bell pepper, and cucumber. Combine all ingredients in a large bowl.
6. Mix oil, vinegar or lime juice, salt, and pepper together in a small bowl with a fork.
7. Pour oil mixture over salad ingredients and toss lightly.
8. Refrigerate leftovers within 2 hours.



CUCUMBER-TOMATO SALAD

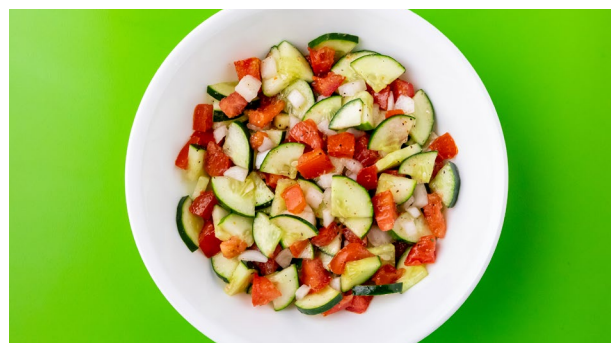
INGREDIENTS

- 1 large cucumber
- 1 large tomato
- ¼ medium onion (optional)
- ¼ cup HappyHealthy Italian Dressing*
- ¼ teaspoon salt
- ¼ teaspoon black pepper

* Recipe found at HappyHealthy.MS

DIRECTIONS

1. Wash your hands well with soap and warm water for at least 20 seconds.
2. Wash and cut cucumber into bite-size pieces. Add to mixing bowl.
3. Wash and cut tomato into bite-size pieces. Add to mixing bowl.
4. Peel and chop onion into small pieces. Add to mixing bowl.
5. Add dressing, salt, and pepper to the mixing bowl. Stir all ingredients with a wooden spoon. Cover and chill in the refrigerator for at least an hour.
6. Refrigerate leftovers within 2 hours.



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EXTENSION**

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