



Local

PICK OF THE MONTH

September 2015

Crispy Cucumbers

Recipe

Cucumber salsa

Ingredients

- 2 medium cucumbers, peeled and diced
- 1 medium tomato, diced
- 1/2 onion, diced
- 2 tbsp chopped cilantro
- 1 lime, juiced
- 2 tbsp Greek yogurt

Directions

Mix all ingredients and chill. Serve with baked chips or homemade tortilla chips.

Yields 7 to 8 half-cup servings.

Nutrition information per serving:

10 calories, 0g fat, 2g carbohydrates, 0g fiber, 0g protein

Recipe created by Athena Nofziger, RDN, LD, CHC, Samaritan Lebanon Community Hospital

What's so great about cucumber?

- Cucumbers are easy to grow
- They're a good source of vitamin C
- They're fat-free and sodium-free

What's the best way to eat cucumbers?

- Fresh out of the garden
- Add to green salads or pasta salads
- Stuff it in a wrap
- Dip it in hummus



Selection and preparation

<p>Selection</p> <p>Select cucumbers that are firm and heavy for size.</p>	<p>Storage</p> <p>Cucumbers can be stored in a perforated plastic bag for one week. Do not store next to apples or tomatoes.</p>
<p>Preparation</p> <p>Wash cucumber thoroughly. Peel if desired for recipe.</p>	<p>Cooking</p> <p>No need to cook! Cucumbers are best eaten fresh.</p>



Building healthier communities together



Check your local grocery store or fruit stand for fresh cucumbers today!