

FOOD FACTS

Cucumbers



NUTRITION

- Cucumbers are an excellent snack as they are mostly water, almost 96% water
- Pack a good dose of soluble fiber
- Good source of antioxidants, which prevent the accumulation of harmful free radicals, possibly reducing the risk of chronic disease
- Great vegetable choice for children because studies have shown increased fruit & vegetable consumption in children can improve hydration

PREPARATION & STORAGE

- Cucumbers can remain fresh in the refrigerator, up to a week, when prepared and packaged properly
- Remove from packaging, thoroughly wash, and cut off any soft areas
- After washing, thoroughly dry and wrap in a clean dish towel or paper towel and put inside a plastic bag (this protects them from ethylene gas produced by fruits nearby)

Quick Pickles

Ingredients:

½ cup	white vinegar (eyeball it)
1 Tbsp	sugar
1 tsp	mustard seed
1 tsp	salt
1 clove	garlic, cracked
1 tsp	dried dill (or 2 Tbsp fresh dill, chopped or snipped)
1	bay leaf
4	Kirby cucumbers, cut into 1-inch slices on an angle



Directions:

Heat small saucepan over medium high heat. Add vinegar, sugar, mustard seed, salt, and garlic to the pan and cook until it begins to simmer and sugar dissolves. Toss the dill, bay leaf, and sliced cucumbers together in a heat-proof bowl. Pour the simmering liquid over the cucumbers and stir to evenly coat. Allow to cool to room temperature or chill before serving.