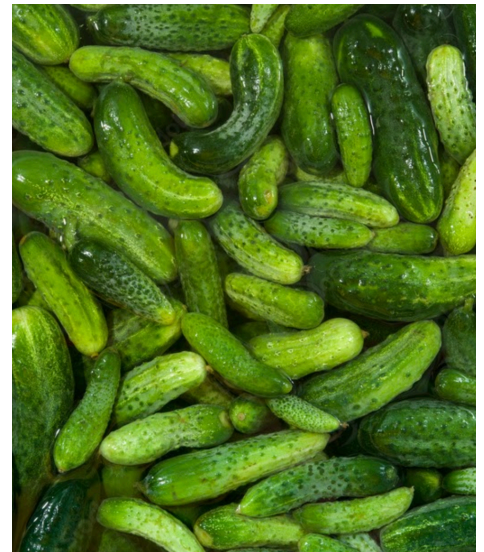


# Harvest of the Month



## May Cucumbers



### Nutrition News:

**“Cool as a Cucumber” - the internal temperature of a cucumber is cooler than the outside air.**

**Cucumbers are a great source of vitamin C & K, which helps keep your blood healthy and flowing.**

**Cucumbers are about 96% water, which means that every cucumber slice helps keep the body hydrated!**

**A half cup of cucumbers contains just 8 calories.**

**As members of the gourd family, they develop from a creeping vine that bears fruits consumed as vegetables.**



## Fun Snack Idea!

How To Eat Cucumbers:

1. Try different varieties of cucumbers like Apple, Lemon, Japanese, Persian, or English.
2. Add sliced cucumbers to salads, sandwiches, or wraps for extra crunch!
3. Serve sliced cucumbers with low-fat yogurt dip, hummus, or salsa for a healthy snack!
4. A cucumber's seeds contain most of its flavor.
5. Eat the peel! Most of the nutrients in cucumbers are found in the skin.

## Pick the Yummiest!

Things to Look For:

1. Choose firm cucumbers with smooth skins. Avoid cucumbers that have shriveled ends or blemishes.
2. Thicker cucumbers have more seeds. Choose slim cucumbers for the least seeds!

## Cucumber Yogurt Dip

Ingredients:

- 2 cups plain, low-fat yogurt
- 2 medium cucumbers
- 1/2 cup non-fat sour cream
- 1 tablespoon lemon juice
- 1 tablespoon fresh dill
- 1 garlic clove, chopped
- 1 cup cherry tomatoes
- 1 cup broccoli florets
- 1 cup baby carrots



Directions:

1. Peel, seed, and grate one cucumber. Slice the other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for one hour.
3. Arrange the tomatoes, cucumbers, bro. Oil, and carrots on a colorful platter.
4. Serve cucumber dip with assorted veggies.

## Quinoa and Chickpea Salad with Cucumbers & Cranberries

Ingredients:

- Quinoa (white or red)
- Can of Chickpeas
- 4 Cucumbers (peeled & chopped)
- Cranberries (dried)
- Mint (fresh & chopped)
- Red Onion (diced)



Directions:

1. Cook the quinoa according to directions for recipe
2. Add salt to taste
3. Preheat oven to 350°F
4. Spray oil on the sides of two 4-inch pans
5. Measure the quinoa and evenly divide it into the two pans. Place plastic wrap over. Bake
6. Remove from oven. Toss all ingredients together with dressing. Chill, and then toss again before service.

