

Crunch on Cucumbers!

Did you know...

Cucumbers are low in calories, a good source of vitamin c, vitamin k, fiber, and are 96% water to help keep you well hydrated!

Easy Recipes for Cucumbers

Refreshing, nutritious, and easy to add to meals and snacks!



Ingredients

- 2 cups diced cucumbers
- 1 cup seeded and diced tomato
- 1/4 cup chopped sweet onion
- 2 cups cooked couscous or rice
- 2 teaspoons dill weed
- 1/2 cup low-fat italian salad dressing

Cucumber Salad with Tomatoes

MAKES 5 CUPS | SERVING SIZE: 3/4 CUP

Directions

Toss together the cucumber, tomatoes, onions, cooked couscous or rice, dill weed and salad dressing.

For best flavor, chill for 1 hour before serving.

Notes

Use brown rice to include whole grains!

Great Gazpacho Soup

MAKES 4 CUPS | SERVING SIZE: 1 CUP

Ingredients

- 1 green bell pepper
- 1 cucumber
- 1 can (14.5 ounces) diced tomatoes with juice
- 1 can (8 ounces) tomato sauce
- 1 teaspoon lemon juice
- 1 teaspoon garlic powder or 4 cloves of garlic, minced
- 1/2 teaspoon black pepper

Directions

Wash the pepper and cucumber. Then peel the cucumber. Chop the pepper and cucumber very finely.

In a medium bowl, add the rest of the ingredients to the vegetables.

Refrigerate for at least two hours before serving. Serve cold.



Ingredients

- 3 cups uncooked whole wheat pasta
- 1 cup chopped broccoli
- 1 cup peeled and diced cucumber
- 1 cup sliced summer squash
- 3/4 cup Italian salad dressing

Directions

Cook pasta according to package directions. Rinse with cold water. Place in large bowl. Add remaining ingredients and mix well.

Notes

Use any colorful vegetables you have on hand. Try carrots, cherry tomatoes, green onions or frozen peas.
Flavor and protein boosters: 1 cup diced, cooked chicken or ham; 1 cup garbanzo beans.



Summer Vegetable and Pasta Salad

MAKES 6 CUPS | SERVING SIZE: 1 CUP