



Cucumber

Nutrition Facts	
Serving Size 133 g	
Amount Per Serving	
Calories 16	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 2%	Vitamin C 7%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

One serving = 1 cupped handful
or 1/2 cup sliced cukes.

Helping Your Child Be Healthy

- ✓ Cucumbers are an excellent source of water for your child. Cucumbers are 96% water!
- ✓ The recommended daily amount of fluid is 64 oz. or 8 cups. Monitor your water intake and see if you're getting enough each day.
- ✓ Other champion sources of water include grapefruit, spinach, strawberries, tomatoes, watermelon, honeydew melon and celery.
- ✓ Garner your water intake from tap water and



from food sources to achieve 8 glasses.

Produce Tips

- Look for different varieties of cucumbers like apple, lemon, Japanese, Persian or English.
- Choose firm cucumbers with smooth skins.
- Avoid cucumbers that are shriveled.
- Store in cool, dry place or in the refrigerator.



Serving Suggestions for Cucumbers

- ✓ Eat a cool, crisp cucumber for a thirst-quenching snack!
- ✓ Add sliced cucumbers to salads for extra crunch.
- ✓ Make a cucumber and tomato pita sandwich.
- ✓ Serve sliced cucumbers with low-fat yogurt or ranch dip.
- ✓ Enjoy a pickle!
- ✓ Check out a new recipe on the back of this sheet and enjoy cucumbers tonight with your evening meal.



Cucumber Recipes



Veggie Tortilla Roll-Ups

4 whole wheat tortillas (7-inch)	½ C. chopped bell pepper (any color)
8 T (½ C.) nonfat cream cheese	½ C. chopped cucumber
2 C. shredded romaine lettuce	¼ C. diced canned green chilies
1 C. chopped tomato	¼ C. sliced ripe olives, drained

Spread each tortilla with 2 tablespoons of cream cheese. Top with equal amounts of vegetables. Roll up tightly to enclose filling and serve.

Chili Cucumbers

20 whole wheat crackers	2 cucumbers (20 slices)
Chili powder	Serving tray and napkins

Place one cucumber slice on top of a cracker. Sprinkle with chili powder and serve.

Cucumber Salad

4 medium cucumbers, peeled and sliced	½ C. diced onion
8 oz. non-fat plain yogurt	2 garlic cloves
8 oz. reduced fat sour cream	1 T dried dill weed
	Salt and pepper to taste

Drain cucumbers for a few minutes on paper towels. In a serving dish, stir together the yogurt, sour cream, onion, garlic, and dill. Add cucumbers, and gently mix to coat. Season with salt and pepper. Refrigerate for a couple of hours before serving for best flavor.

Cucumber Sandwiches

1 (8 ounce) package whipped cream cheese	1 (1 pound) loaf cocktail rye bread
1 (.7 ounce) package dry Italian-style salad dressing mix	1 cucumber, thinly sliced

In a small bowl, mix whipped cream cheese and dry Italian-style dressing mix. Spread equal portions of the mixture on slices of the cocktail rye bread. Top each with a slice of cucumber.