



# 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)  
8 T ( $\frac{1}{2}$  C.) nonfat cream cheese  
2 C. shredded romaine lettuce  
1 C. chopped tomato

$\frac{1}{2}$  C. chopped bell pepper (any color)  
 $\frac{1}{2}$  C. chopped cucumber  
 $\frac{1}{4}$  C. diced canned green chilies  
 $\frac{1}{4}$  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  
Chili powder

2 cucumbers (20 slices)  
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  
8 oz. non-fat plain yogurt  
8 oz. reduced fat sour cream

$\frac{1}{2}$  C. diced onion  
2 garlic cloves  
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 (.7 ounce) package dry Italian-style salad dressing mix

1 (1 pound) loaf cocktail rye bread  
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.