What’s Fresh:

Cucumbers

They’re naturally good!
- Only 16 calories per cup
- Provide fiber to aid digestion
- Hydrate the body
- 1 cup = 1 serving of veggies

Storage Tips:
- To keep fresh, store cucumbers in an unsealed plastic bag in the refrigerator for up to 1 week.
- Wrap cut cucumbers in plastic wrap or a plastic bag without any air for up to 1 week.

Hydrate with cucumbers!
Treat yourself to cucumber-infused water!
Add peeled & chopped cucumbers to a pitcher of water and steep for an hour.
Add lemon or lime juice if desired!

Preparation Tips:
- Wash before eating: rinse and pat dry.
- Remove the ends with a knife and discard.
- If the skin is thick, waxy or discolored, peel & discard.
- Cut the cucumber in half length-wise.
- If desired, scoop out the seeds with a spoon.
- For safe cutting, place the cucumber cut-side down. Cut into sticks, half-rounds, or dice to desired size and thickness.

Ways to eat cucumbers:
- **Snack on them.** Cut them into sticks or rounds and serve with hummus or low-fat ranch for a healthy snack. Or, serve them on top of crackers with a slice of cheese or thin layer of cream cheese.
- **Add to salads & pasta salads.** Add diced cucumbers to green salads or cold pasta dishes with other chopped veggies and beans. Toss with balsamic, ranch or Italian dressing.
- **Add them to sandwiches & wraps.** Slice them thinly into rounds and add to your favorite sandwich or wrap for extra crunch. Try them with sliced cheese, turkey, tomatoes & mustard on whole wheat bread or tortillas.
- **Make salsa.** In a bowl, mix 2 cups chopped cucumbers, 1 cup chopped tomatoes, 1/2 cup chopped bell pepper and 1/2 cup of chopped onion. Toss with 2 Tablespoons of lime juice or vinegar. Season with salt and pepper to taste. For extra flavor, add 1 clove minced garlic, 1 finely chopped jalapeno, and/or a 2-4 Tablespoons of fresh cilantro, parsley or dill. Serve on top of tacos, quesadillas or your favorite fish, shrimp or seafood dish.
- **Stuff them.** Scoop them out and stuff them with tuna, chicken or egg salad.

See more recipes on the back.
Stretch Your Food Dollars with **FREE** Double Up Food Bucks

When you use your SNAP BRIDGE CARD at participating farmers markets between June 1-October 31 to purchase SNAP-eligible foods, Double Up Food Bucks **will match what you spend—up to $20**, which you can use to buy Michigan grown fruits & vegetables.

For more info call **866-586-2796** or visit [www.DoubleUpFoodBucks.org](http://www.DoubleUpFoodBucks.org)

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Make it a meal!

**RECIPES**

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**Cucumber Boats**

**Ingredients:**

- 2 large cucumbers
- 2 Tablespoons lemon juice
- ¼ cup chopped onion
- 1 small can tuna, chicken or salmon, drained & flaked
- 1 (15-oz.) can white beans, drained & rinsed
- 1 Tablespoon oil
- 1 Tablespoon Dijon or other mustard
- ½ teaspoon salt
- ¼ teaspoon black pepper

**Directions:**

1. Peel cucumbers if desired. Cut lengthwise. Scoop out the seeds with a spoon.
2. In a medium bowl, mash beans with a fork. Add remaining ingredients.
3. Fill each cucumber half with ¼ bean mixture. Serve cold.

**Cucumber Tomato Salad**

**Ingredients:**

- 2 cucumbers, sliced or chopped
- 2 tomatoes, chopped
- 1 onion, finely chopped
- 1 clove garlic, minced (or ¼ teaspoon garlic powder)
- 1 (15-oz.) can or chick peas, kidney beans or pinto beans, drained & rinsed
- 1 Tablespoon oil
- 3 Tablespoons vinegar
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1/2 teaspoon dried oregano or dill (optional)

**Directions:**


**Sweet & Spicy Cucumbers**

**Ingredients:**

- 2 cucumbers, sliced or chopped
- 1/2 red onion, chopped
- 1/2 cup vinegar (such as red wine vinegar)
- 2 Tablespoons sugar
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper flakes

**Directions:**

1. Combine the cucumbers and red onion in a large bowl.
2. In a small bowl, stir together 1/2 cup water, vinegar, sugar, salt and red pepper flakes.
3. Pour dressing over cucumbers and stir.

*Recipe from Share Our Strength's Cooking Matters™*