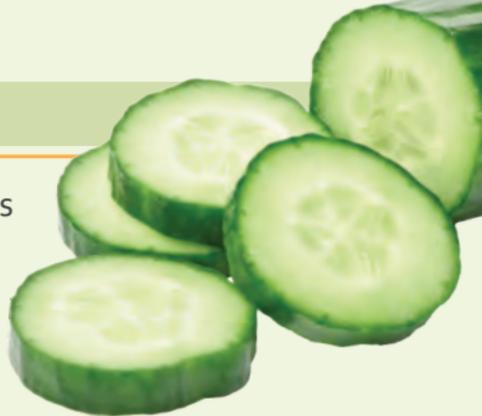


Cucumber



Selection - Choose cucumbers that feel heavy and firm.

Storage - Store cucumbers in the refrigerator (stays fresh for up to 1 week).

Nutrition - Vitamin K in cucumbers supports bone health and blood clotting.

3 EASY WAYS TO USE CUCUMBER

- To make quick pickles, heat vinegar, water and salt in small pan. Bring to just a boil. Take off the heat. Place cucumber slices or spears in jars and add garlic and dill. Pour liquid over the cucumbers and into the jars. Place in the refrigerator for at least 24 hours.
- To make a cucumber salad, add cucumbers, tomato and cheese into a large bowl. Add oil and vinegar along with basil. Use fresh basil if able. Mix and add salt and pepper to taste.
- To make a cucumber sauce (Tzatziki), chop cucumbers small and mix with plain Greek yogurt, lemon juice, garlic and dill. Use as a dip for vegetables or a sauce on wraps.

Mediterranean Tuna Salad

Makes 4-6 Servings (5 cups)

Ingredients

- 3 (5 ounce) cans tuna in water, drained
- 1 cup carrot, diced or grated (about 2 medium carrots)
- 2 cups cucumber, diced
- 1 1/2 cups peas, canned or frozen (thaw before using)
- 3/4 cup low-fat Italian salad dressing

Directions

1. Place drained tuna in a medium bowl. Use a fork to break apart chunks of tuna.
2. Add carrot, cucumber, peas and salad dressing. Mix well.
3. Serve immediately or make ahead. Cover and refrigerate until ready to serve.
4. This can be served over greens or in a wrap.

