



## CUCUMBERS, FRESH

Date: December 2012

Code: 900200

### PRODUCT DESCRIPTION

- Fresh cucumbers are U.S. No. 1 or better.

### PACK/YIELD

- Fresh cucumbers are packed in a 1-pound bag. There are about 2 to 3 medium cucumbers in 1 pound. A pound of cucumbers is about 3 cups of chopped cucumbers.

### STORAGE

- Cucumbers can be stored in the refrigerator. Do not wash before storing.
- Cucumbers can be stored in a plastic bag.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Rinse cucumbers well and scrub outer layer well before eating or using in recipes.
- Cucumbers can be eaten with the peel after rinsing and scrubbing. They can also be peeled with a vegetable peeler or knife.

### USES AND TIPS

- Cucumbers are best eaten raw or barely cooked.
- Cucumbers can be eaten plain as a snack or an appetizer, and sliced or chopped to add to salads.
- Slice cucumbers and dip in low-fat dressing or other low-fat dip.

### NUTRITION INFORMATION

- ½ cup of cut-up cucumbers counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.

### FOOD SAFETY INFORMATION

- Keep cucumbers that are going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size: ½ cup (52g) fresh cucumber with peel

#### Amount Per Serving

**Calories** 10      **Calories from Fat** 0

#### % Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

*Trans* Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 2g      **1%**

Dietary Fiber 0g      **0%**

Sugars 1g

**Protein** 0g

Vitamin A 2%      Vitamin C 2%

Calcium 0%      Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

## CUCUMBER AND RED ONION SALAD

**MAKES 4 SERVINGS**

### Ingredients

- 2 cucumbers
- 3 tablespoons white vinegar
- 1 tablespoon sugar
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 red onion, peeled, sliced and broken into rings
- 1 teaspoon dry dill (if you like)

### Directions

1. Rinse and scrub the cucumbers. Remove some of the peel in lengthwise strips using a vegetable peeler or fork and leaving a little skin between each strip.
2. Thinly slice the cucumber into circles.
3. Place the vinegar, sugar, salt, and pepper in a bowl and mix until the sugar is dissolved.
4. Add the cucumber and onion; if using dill, add that too, and toss well.
5. Can be served at room temperature or chilled.

Nutritional Information for 1 serving of Cucumber and Red Onion Salad							
<b>Calories</b>	40	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	6 g	<b>Vitamin C</b>	6 mg
<b>Calories from Fat</b>	0	<b>Sodium</b>	150 mg	<b>Protein</b>	1 g	<b>Calcium</b>	31 mg
<b>Total Fat</b>	0 g	<b>Total Carbohydrate</b>	10 g	<b>Vitamin A</b>	8 RAE	<b>Iron</b>	0 mg
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	1 g				

*Recipe adapted from <http://lpl.arizona.edu>*

## SIMPLE MEXICAN SALAD

**MAKES 4 SERVINGS**

### Ingredients

- 2 cucumbers
- 2 oranges
- 2 tablespoons lemon juice (or use lime juice)
- ½ teaspoon chili powder
- ¼ teaspoon salt

### Directions

1. Wash and scrub the cucumbers under cold running water; wash oranges under cold water.
2. Slice the cucumbers.
3. Peel oranges and cut oranges into small pieces.
4. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt. Stir well. Can be served at room temperature or chilled.

Nutritional Information for 1 serving of Simple Mexican Salad							
<b>Calories</b>	60	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	9 g	<b>Vitamin C</b>	41 mg
<b>Calories from Fat</b>	5	<b>Sodium</b>	150 mg	<b>Protein</b>	2 g	<b>Calcium</b>	52 mg
<b>Total Fat</b>	0 g	<b>Total Carbohydrate</b>	14 g	<b>Vitamin A</b>	20 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	2 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder*