

# Crunch on Cucumbers!

## Easy Recipes for Cucumbers

*Refreshing, nutritious, and easy to add to meals and snacks!*

### Did you know...

Cucumbers are low in calories, a good source of vitamin c, vitamin k, fiber, and are 96% water to help keep you well hydrated!



### Ingredients

- 2 cups diced cucumbers
- 1 cup seeded and diced tomato
- 1/4 cup chopped sweet onion
- 2 cups cooked couscous or rice
- 2 teaspoons dill weed
- 1/2 cup low-fat italian salad dressing

## Cucumber Salad with Tomatoes

MAKES 5 CUPS | SERVING SIZE: 3/4 CUP

### Directions

Toss together the cucumber, tomatoes, onions, cooked couscous or rice, dill weed and salad dressing.

For best flavor, chill for 1 hour before serving.

### Notes

Use brown rice to include whole grains!

## Great Gazpacho Soup

MAKES 4 CUPS | SERVING SIZE: 1 CUP

### Ingredients

- 1 green bell pepper
- 1 cucumber
- 1 can (14.5 ounces) diced tomatoes with juice
- 1 can (8 ounces) tomato sauce
- 1 teaspoon lemon juice
- 1 teaspoon garlic powder or 4 cloves of garlic, minced
- 1/2 teaspoon black pepper

### Directions

Wash the pepper and cucumber. Then peel the cucumber. Chop the pepper and cucumber very finely.

In a medium bowl, add the rest of the ingredients to the vegetables.

Refrigerate for at least two hours before serving. Serve cold.



### Ingredients

- 3 cups uncooked whole wheat pasta
- 1 cup chopped broccoli
- 1 cup peeled and diced cucumber
- 1 cup sliced summer squash
- 3/4 cup Italian salad dressing



## Summer Vegetable and Pasta Salad

MAKES 6 CUPS | SERVING SIZE: 1 CUP

### Directions

Cook pasta according to package directions. Rinse with cold water. Place in large bowl. Add remaining ingredients and mix well.

### Notes

Use any colorful vegetables you have on hand. Try carrots, cherry tomatoes, green onions or frozen peas.

Flavor and protein boosters: 1 cup diced, cooked chicken or ham; 1 cup garbanzo beans.