

COOL AS A...

cucumber

“Cool as a cucumber” isn’t just a catchy phrase. The inner temperature of a cucumber can be up to 20 degrees cooler than the outside air temperature due to its high water content.



DID YOU KNOW?

- Cucumbers are very low in calories! A half of a cup of sliced cucumbers contains under 10 calories.
- Cucumbers are packed with vitamin K. Vitamin K is essential for the functioning of several proteins involved in blood clotting.
- There are two main types of cucumbers, slicers and picklers. Slicers are the cucumbers that you find on vegetable trays or in salads, and picklers are used to make pickles.

WELLNESS TIP

You can burn more calories and increase your endurance by walking or running on inclines instead of on flat surfaces.

SHOPPING, PREPARING AND STORING



- When choosing a cucumber, look for one that is firm, unblemished and is either light or dark green but never yellow.
- Store cucumbers in the refrigerator, unwashed in a perforated plastic bag or crisper drawer so they can breathe.

COOKING TIPS



- To seed cucumbers, simply slice them in half lengthwise, and use a teaspoon to scoop out all of the seeds.
- When adding sliced or chopped cucumber to a yogurt or sour cream based sauce or soup, do so at the last moment as they will release water the longer they stand.

CHICKEN CUCUMBER CUPS serves 4

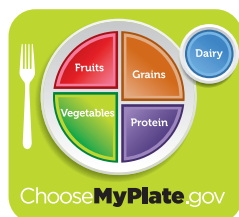
- 2 medium cucumbers
- 1/2 cup fat-free mayonnaise
- 2 cups cooked chicken, diced
- 1 cup fresh pineapple chunks
- 1/2 cup pecans, chopped
- 1/2 cup celery, chopped
- 1 cup grapes, halved
- Carrots, shredded (optional)



1. Cut cucumbers into 2-inch sections. Use a spoon to hollow out cucumber sections, forming a cup.
2. Combine and mix the mayonnaise, cubed chicken, pineapple, pecans, celery and grapes in a bowl.
3. Spoon an equal amount of the chicken mixture into each of the cucumber cups.
4. Optional- Garnish with shredded carrots.

Recipe adapted from *Xtreme Cuisine*, Florida Department of Agriculture and Consumer Services

Calories: 286; Total Fat: 15.5 g; Saturated Fat: 2.5 g; Total Carbohydrates: 16 g; Protein: 23 g; Sodium: 380 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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