

Cucumbers



Nutrition: Cucumbers are made up of mostly water but they still are packed full of Vitamin A, Vitamin C and folic acid.

Storage: Refrigerate in a plastic bag

In Season: July - October



Cucumber Sliders

Makes 6-9 servings

Ingredients:

1. 1 cucumber (sliced into ¼ inch thick medallions)
2. Add any ingredient that you like!
3. Shredded chicken or tuna
4. Slice up some tomatoes
5. Add cheese
6. Top with your favorite salad dressing

Directions:

1. Top cucumber half with your favorite ingredients.
2. Add another slice and hold together with a toothpick.
3. Enjoy!

