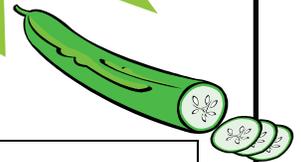


Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is... Cucumber

You can find POW! info sheets on the EHHD website!
www.ehhd.org
Look for
Produce of the Week



What veggie's inner temperature can be up to 20 degrees cooler than the outside air?

CUCUMBERS!

- ◇ Cucumbers are believed to have originated in India.
- ◇ Look for cucumbers that are rich in green color and have no soft spots.
- ◇ Uncut cucumbers can be stored in the refrigerator for up to a week.
- ◇ The most common types of cucumbers are Persian and English varieties.

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- Cucumber contains no fat or cholesterol and almost no sodium.
- A typical serving size is 1/2 cup, which contains 10 calories.

What's the difference?

- ◆ Persian cucumbers are the most common cucumber and often have waxed skin to retain moisture.
- ◆ English cucumbers are seedless and are often wrapped in plastic to retain moisture.

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7



Eastern Highlands Health District

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860.429.3325 www.ehhd.org

Try these delicious, nutritious and healthy recipes!

Tomato, Cucumber and Red Onion Salad with Mint

INGREDIENTS

- ♦ 2 large cucumbers - halved lengthwise, seeded and sliced
- ♦ 1/3 cup red wine vinegar
- ♦ 1 Tbsp white sugar
- ♦ 1 tsp salt
- ♦ 3 large tomatoes, seeded and coarsely chopped
- ♦ 2/3 cup coarsely chopped red onion
- ♦ 1/2 cup chopped fresh mint leaves
- ♦ 3 Tablespoons olive oil
- ♦ Salt and Pepper to taste

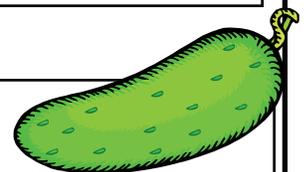
DIRECTIONS

In a large bowl, toss together the cucumbers, vinegar, sugar and salt. Let stand at room temperature for an hour, stirring occasionally. Add tomatoes, onion, mint and oil to cucumbers and toss to blend. Season to taste with salt and pepper.

Cucumber Yogurt Dip

INGREDIENTS

- ♦ 2 cups plain low-fat yogurt
- ♦ 2 large cucumbers, peeled, seeded, & grated
- ♦ 1/2 cup nonfat sour cream
- ♦ 1 Tbsp lemon juice
- ♦ 1 Tbsp fresh dill
- ♦ 1 garlic clove, chopped
- ♦ 1 cup cherry tomatoes
- ♦ 1 cup broccoli florets
- ♦ 1 cup baby carrots



DIRECTIONS

Peel, seed, and grate one cucumber. Slice other cucumber and set aside. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

Adapted from: www.allrecipes.com, www.fruitsandveggiesmatter.gov

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!