



Cucumbers, Fresh

MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of raw cucumbers count as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Cucumbers contain many nutrients that are important for your body. Cucumbers are also a great source of fiber.

Uses and Tips

- Hummus or a low-fat salad dressing make a great dip for cucumber slices.
- Make a salad using all of the colors in the rainbow, including tomatoes, carrots, corn, green peppers or cucumbers, cauliflower, and purple cabbage.
- Diced cucumbers are an excellent addition to tuna, chicken, shrimp, or egg salad.
- Fresh cucumber does not need to be cooked or heated. Gently wash cucumber while holding under plain running water to remove any visible debris and then enjoy. Eat it with or without the peel!

Storing Foods at Home

- Do not wash cucumbers until ready to eat.
- Cucumbers should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Perfectly Pickled Cucumbers

Makes 8 servings

Ingredients:

5 cups sliced cucumbers

½ cup sliced red onion

½ teaspoon salt

¼ teaspoon black pepper

2 tablespoons red wine vinegar

Directions: Wash hands with soap and water.

1. Combine cucumbers, onion, salt, black pepper, and vinegar together.
2. Let sit in the refrigerator for 1-2 hours to let the flavors blend.

Recipe adapted from FoodHero.org

Tasty Tzatziki Sauce

Makes 8 servings

Ingredients:

1 cucumber (cut in half lengthwise)

1 teaspoon garlic (peeled and minced, about 1-2 cloves)

2 containers (6 ounces each) plain Greek yogurt

1 teaspoon dried dill and/or fresh mint

¼ teaspoon salt

1 tablespoon vegetable oil

Directions: Wash hands with soap and water.

1. Use a spoon to scrape out seeds from cucumber. Dice the cucumber into small pieces or shred using a grater.
2. Spread cucumber on paper towels on top of a clean kitchen towel. Roll up the towels and squeeze to remove excess liquid. Transfer dry cucumber to a large bowl.
3. Add the garlic, yogurt, dried dill or fresh mint, salt, and vegetable oil. Mix together. Cover and refrigerate until served.
4. Serve with fresh vegetables or pita bread.

Recipe adapted from Iowa State University Extension and Outreach