

CUCUMBERS

FUN FACTS

There are over 40 varieties of cucumbers. They grow off vining plants that can climb up to 10 feet high! Most cucumbers are green and cylindrical, but there are many varieties ranging in colors and shapes—some are white and round, others are yellow and spiny. Ancient Greeks and Romans ate cucumbers because they believed in their skin-beatifying qualities.

SOURCE: The Visual Food Encyclopedia



Cucumbers are an extremely refreshing vegetable that are perfect for hot summer days. They are made up of over 95% water and are a great source of potassium, vitamin C, and folic acid.

NUTRITION

RECIPE: TABBOULEH

YIELD: 50 - 1/2 cup SERVINGS

INGREDIENTS

2 qts water
1 qt bulgur, dry
1 qt + 2 1/4 cups cucumber, peeled and diced into 1/4" pieces
1 qt + 2 1/4 tomatoes, diced into 1/4" pieces
1 cup fresh mint leaves, chopped
1 cup green onion, chopped

8 cloves OR 1 Tbsp + 1 tsp garlic, minced
1/2 cup extra virgin olive oil
1 cup lemon juice
2 tsp table salt
2 tsp black pepper

PREPARATION

1. In a small stockpot, bring water to a rolling boil.
2. Add bulgur, cover, and turn heat off. Leave the stockpot on the hot burner. Keep covered and let stand for 30 minutes. Drain any excess liquid, fluff with a fork, and allow bulgur to cool. CCP: Cool to 40° F or lower within 4 hours.
3. In a large bowl, mix together cooled bulgur, cucumber, tomato, parsley, mint, green onions, and garlic.
4. In a medium bowl, whisk together olive oil, lemon juice, salt, and pepper. Combine dressing with the other ingredients, mix well.
5. Refrigerate and let chill for at least 2 hours before serving to allow the flavors to marinate.



SOURCE: USDA Mixing Bowl

MEAL PATTERN CONTRIBUTION

1/4 cup vegetable
1/2 oz whole grain

RECIPE: CUCUMBER APPLE SALAD

YIELD: 50 - 1/2 cup SERVINGS

INGREDIENTS

11 lbs cucumbers, pared in lengthwise stripes, sliced in 1/4 inch half rounds
8 lbs apples, rough chopped
5 lbs 2 oz red bell pepper, diced
8 oz onion, diced
1/2 cup fresh dill, chopped
1/2 cup lemon juice, fresh
2/3 cup vinegar, white
1 1/3 cup extra virgin olive oil
1/4 cup honey
2/3 cup apple juice
1 1/2 Tbsp black pepper
2 1/2 tsp salt

PREPARATION

1. Place cut apples in lemon juice and toss well to prevent browning. Set aside.
2. Whisk dressing ingredients together to incorporate: oil, vinegar, honey, apple juice, salt, and pepper. Taste and adjust if needed.
3. Combine cucumber slices, apple chunks, red pepper, and onion in a large bowl or tote. Add fresh dill and mix to combine.
4. Whisk dressing to be sure it is well blended. Toss dressing into veggie apple mix to incorporate. CCP: chill to 40° F within two hours.



Adapted from MA Farm to School

MEAL PATTERN CONTRIBUTION

1/4 cup other vegetable
1/4 cup fruit
1/8 cup red/orange vegetable

