

# Cucumbers

Cucumbers are 95% water, making them low in calories and other nutrients. However, the high water content of this vegetable makes them a crisp and refreshing snack in the summertime. And, of course, cucumbers are enjoyed in the form of pickles all year

round.

A frequently asked question about cucumbers is whether they need to be peeled. If they are fresh from an organic garden, there is certainly no need for peeling. However, if they've been waxed or grown using chemicals, peeling is recommended.



## Cucumber Raita

Serves 6

### Ingredients:

- 1 cucumber
- 3 cups plain nonfat yogurt
- 1/2 teaspoon cumin
- 1 teaspoon salt
- 6 to 8 fresh mint leaves (optional)



### Directions:

1. Peel, seed, and coarsely grate cucumber.
2. Combine all ingredients (except mint) and chill.
3. Garnish with fresh mint leaves.

*Comments: Serve this dish on the side with Cauliflower and Peas with Curry Cream Sauce (page 29) or Indian Vegetable Dish (page 27).*

*Source: Adapted from "Moosewood Cookbook," Mollie Katzen, Ten Speed Press, Berkeley, CA, 1977*

## Nutrition Facts

Serving Size 1 Serving (165g)  
Servings Per Container 6

Amount Per Serving

Calories 80      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Cholesterol 0mg      0%

Sodium 480mg      20%

Total Carbohydrate 12g      4%

Dietary Fiber 0g      0%

Sugars 9g

Protein 7g

Vitamin A 0%      • Vitamin C 4%

Calcium 25%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

## Tips

- Select firm, green cucumbers that do not have soft sections or wrinkles.
- For a quick snack, give kids cucumber slices or whole cucumbers.

## Complementary Herbs

basil  
bay leaf  
celery seed  
chervil  
chives  
dill  
mustard seed  
parsley

## Pickled Cucumbers

Makes 4 servings *Connie Zack, Waterbury*

### Ingredients:

- 2 cucumbers
- 2 teaspoons salt
- 1/2 cup white vinegar
- 1/4 cup sugar
- 1/4 teaspoon ginger
- 2 teaspoons sesame seeds

### Directions:

1. Rinse and peel cucumbers.
2. Cut in half lengthwise and remove seeds with a spoon.
3. Slice cucumbers thinly.
4. Put cucumbers in a bowl with salt.
5. Mix and let stand in the refrigerator for 1 hour.
6. Drain and squeeze out moisture.
7. In a skillet, mix together vinegar, sugar, ginger, and sesame seeds, and bring to a boil.
8. Pour over cucumber slices.
9. Refrigerate for 24 hours before serving.

## Nutrition Facts

Serving Size 1 Serving (198g)  
Servings Per Container 4

Amount Per Serving

**Calories** 80    **Calories from Fat** 10

% Daily Value\*

**Total Fat** 1g    **2%**

Saturated Fat 0g    **0%**

**Cholesterol** 0mg    **0%**

**Sodium** 1170mg    **49%**

**Total Carbohydrate** 17g    **6%**

Dietary Fiber 1g    **4%**

Sugars 16g

**Protein** 1g

Vitamin A 4%    • Vitamin C 15%

Calcium 4%    • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.