



## Featured vegetable for January 2008: Cucumber

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### Health benefits

The flesh of cucumbers is primarily composed of water but also contains ascorbic acid (vitamin C) and caffeic acid, both of which help soothe skin irritations and reduce swelling. Cucumber's hard skin is rich in fiber and contains a variety of beneficial minerals including silica, potassium and magnesium.

### How to select and store

Avoid cucumbers that are yellow, puffy, have sunken water-soaked areas, or wrinkled at the tips. Thinner cucumbers will generally have less seeds than those that are thicker.

### FEATURED RECIPE: Cucumber Salad

#### Ingredients:

3 medium **cucumbers**, thinly sliced  
1 medium sweet **onion**, sliced and separated into rings  
1 cup thinly sliced **carrots**  
½ cup sliced **celery**  
4 tablespoons chopped **red bell pepper**  
1 cup vinegar  
¼ cup vegetable oil  
¼ cup sugar  
1 teaspoon celery seed  
1 teaspoon salt  
¼ teaspoon pepper  
Head of **lettuce**



#### Directions:

Combine cucumbers, onion, carrots, celery, and red bell pepper in a large bowl. In a separate bowl, mix remaining ingredients except lettuce. Pour over vegetables and toss lightly. Cover and chill 8 to 10 hours. Drain and serve in a lettuce-lined bowl.

Items highlighted in **red** can be purchased at R&R Produce.

### For more information

For more information about the **What's For Dinner Tonight?** program, contact Philonda Short at 404-463-2748 or [pmsshort@dhr.state.ga.us](mailto:pmsshort@dhr.state.ga.us).

