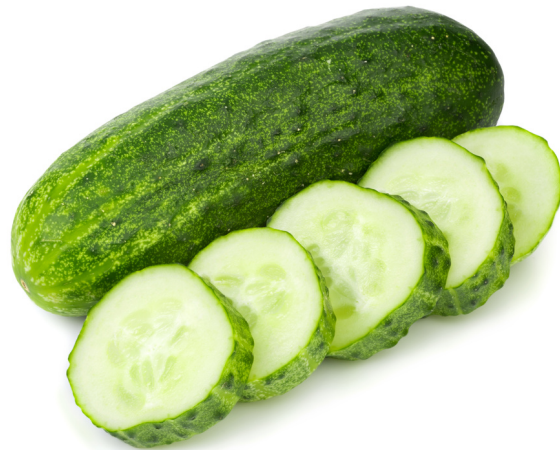


Vegetable Basics: Cucumbers



Crisp and refreshing, cucumbers are a hydrating vegetable that can be eaten raw or lightly cooked. They're low in calories but full of fiber, vitamin K, and potassium.

✓ How to Store

- Keep whole cucumbers in the crisper drawer of your fridge.
- Avoid wrapping them too tightly; airflow helps prevent spoilage.
- Once sliced, store in a sealed container in the fridge and eat within 1–2 days.

✓ Easy Ways to Prepare

- **Raw:** Slice or dice for salads, snacks, or sandwiches.
- **Quick Pickle:** Soak sliced cucumbers in vinegar, water, salt, and sugar for a fast homemade pickle.
- **Sauté:** Lightly cook in a skillet for 2–3 minutes with garlic or soy sauce (less common, but tasty).



Try Them Like This...

Add cucumbers to:

- Green salads
- Tuna or chicken salad
- Wraps and sandwiches
- Cold pasta dishes
- Water with mint

Try cucumbers as:

- Pickles or quick pickles
- Sliced with hummus or dip
- Tossed in vinegar and oil
- Chopped into salsa
- Blended into smoothies

✓ Seasoning Suggestions

- Lemon or lime juice
- Vinegar and dill
- Sesame oil and rice vinegar
- Everything bagel seasoning
- Greek yogurt and herbs



Try This! Slice cucumbers and sprinkle with vinegar, a pinch of salt, and a few chili flakes for a quick snack.

Waste Less Tip

Cucumbers getting soft? Use in chilled soups like gazpacho, blend into smoothies or juices, pickle them to extend their life.