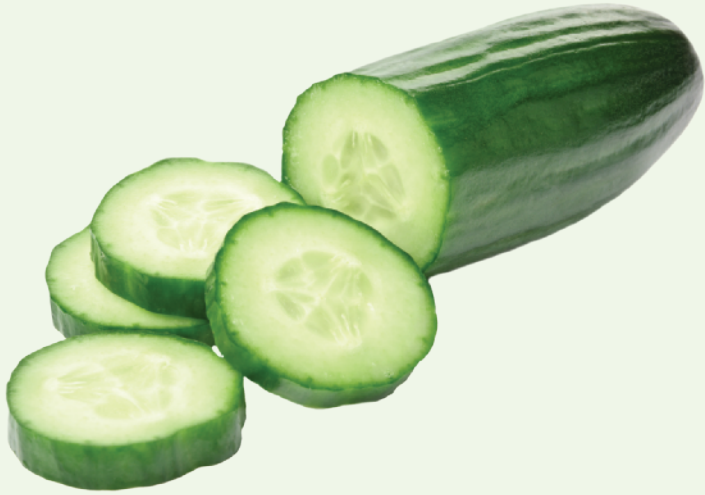


Cucumber



What are cucumbers?

- Cucumbers grow on a vine.
- They are a member of the gourd family.
- They can be a variety of lengths and sizes.

Why is it healthy?

- Cucumbers contain antioxidants as well as some **Vitamin A and Vitamin K**.
- They have a high water content.

How can it be used?

- Slice and eat raw with a dip like hummus or ranch dressing.
- Add raw to salads.
- Pickle with vinegar and spices.
- Make a mini cucumber sandwich by adding cheese and turkey between 2 slices of cucumber.
- Slice and mix with Greek yogurt, vinegar and dill to make a cucumber salad.

