



Creamy Avocado Cucumber Salad

1 ½ cups diced cucumber	1 cup diced yellow pepper	2 tablespoons balsamic vinegar
1 teaspoon dried basil	1 cup chopped fresh parsley	1 tablespoon fresh lemon juice
1 cup diced tomato	1 cup chopped fresh mint	Salt and pepper, to taste
1 cup diced sweet onion	1 tablespoon olive oil	

Wash fresh ingredients. **Remove** cucumber ends and peel if skin is tough or bitter. **Slice** lengthwise, **remove** large seeds, if needed, and finely **dice**. **Place** diced cucumber in a colander over a bowl, **sprinkle** evenly with basil, **stir** and let **stand** 15 minutes. Finely **dice** and **chop** tomato, onion, avocado, yellow pepper, parsley, and mint. **Place** in a large bowl and **add** cucumber.

Drizzle with olive oil, balsamic vinegar, and lemon juice. **Toss**, **add** salt and pepper to taste, and **serve**.

Yield: 8, 1-cup servings

Nutritional Analysis:

70 calories, 3.5 g fat, 0.5 g saturated fat, 0 mg cholesterol, 10 mg sodium, 9 g carbohydrates, 3 g fiber, 2 g protein, 3 g sugars, 0 g added sugars.

Kentucky Cucumbers

SEASON: June to September

NUTRITION FACTS: Cucumbers are naturally high in water. A 1/2-cup serving contains only 7 calories.

SELECTION: Choose firm, fully green cucumbers with no yellowing or soft spots. Slicing cucumbers, suitable for eating, are 6 to 9 inches long with small, white spines on the surface that rub off easily. Pickling cucumbers are smaller and have, black spines on the surface.

STORAGE: Store unwashed cucumbers in the refrigerator for up to a week. Sliced cucumbers should be tightly wrapped and refrigerated up to three days.

PREPARATION: Wash under cool, running water to remove visible dirt. Slice. You may want to remove the seeds in mature cucumbers by cutting lengthwise and scooping seeds from the center with a spoon.

PRESERVING: Follow recipe instructions. Four pounds of cucumbers yield 5 to 6 pints of pickles.

KENTUCKY CUCUMBERS

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students
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Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.
<http://plateitup.ca.uky.edu>



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