



# Creamy Cucumber and Chicken Salad

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| <b>½ pound</b> chicken breast            | <b>½ teaspoon</b> sea salt              |
| <b>1 tablespoon</b> fresh lemon juice    | <b>1 tablespoon</b> ground black pepper |
| <b>1 cup</b> slivered almonds            | <b>2 tablespoons</b> fresh chopped dill |
| <b>½ cup</b> nonfat plain Greek yogurt   | <b>2 medium</b> cucumbers, chopped      |
| <b>3 ounces</b> reduced fat cream cheese | <b>1 cup</b> dried cranberries          |
| <b>2 tablespoons</b> Dijon mustard       | <b>8</b> lettuce leaves                 |

**Marinate** chicken breast in lemon juice for one hour. **Remove** chicken from marinade and **chop** into bite sized pieces. **Sauté** in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. **Set aside** to cool. **Toast** slivered almonds on low heat in a non-stick skillet until fragrant. **Set aside** to cool. In a large mixing bowl **combine** yogurt, cream cheese, mustard, salt, pepper and dill. **Add** chicken and **toss**. **Add**

cucumbers, cranberries and almonds to chicken mixture. **Toss** to coat. **Cover and chill** in refrigerator for 1 hour. **Spoon** salad into washed and dried lettuce leaves. **Serve** cold.

**Yield:** 8 servings

**Nutritional Analysis:** 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.

# Kentucky Cucumbers

**SEASON:** June to September

**NUTRITION FACTS:** Cucumbers are naturally high in water. A ½ 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 3 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 5-6 pints of pickles.

## KENTUCKY CUCUMBERS

**Kentucky Proud Project**  
County Extension Agents for Family and Consumer Sciences  
University of Kentucky, Dietetics and Human Nutrition students  
**June 2018**

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

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<http://plateitup.ca.uky.edu>



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