



# Sweet and Savory Cucumber Salad

<b>2</b> medium cucumbers	<b>1 teaspoon</b> minced garlic	<b>1 teaspoon</b> white wine vinegar
<b>2 tablespoons</b> coarse kosher salt	<b>20</b> seedless grapes	Sodium-free seasoning blend, to taste
<b>¼ cup</b> slivered, blanched almonds	<b>1 cup</b> fresh blueberries	
	<b>2 tablespoons</b> olive oil	

**Preheat** oven to 400 degrees F. **Wash** cucumbers. **Cut** the ends off the cucumbers; remove peel if it is tough or bitter. **Slice** the cucumbers lengthwise; use a spoon to **remove** any large seeds; **cut** into ¼ inch slices. **Place** the sliced cucumbers in a colander; **sprinkle** with kosher salt and stir. Let stand for 25 minutes. **Spread** the slivered almonds on a baking sheet and **bake** with the rack in the top position, at 400 degrees F until lightly browned — about 5 minutes (use a timer to prevent overbrowning); **remove** from oven and **cool**. **Slice** grapes in half lengthwise and place in a large bowl.

**Add** blueberries. **Rinse** the salt from the cucumber slices and turn out onto several paper towels. **Place** a paper towel over the top and **press dry**. **Add** cucumbers to the bowl with the other fresh ingredients. **Drizzle** the olive oil and vinegar over the salad; **add** the garlic and sodium-free seasoning to taste; **toss**. **Sprinkle** the toasted almonds over the top and serve.

**Yield:** 4, 1 cup servings

**Nutritional Analysis:** 170 calories, 11 g fat, 1 g saturated fat, 0 mg cholesterol, 580 mg sodium, 16 g carbohydrate, 4 g fiber, 11 g sugars, 4 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

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

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