



Creamy Cucumber and Chicken Salad

½ pound chicken breast
1 tablespoon fresh lemon juice
1 cup slivered almonds
½ cup nonfat plain Greek yogurt
3 ounces reduced fat cream cheese
2 tablespoons Dijon mustard

½ teaspoon sea salt
1 teaspoon ground black pepper
2 tablespoons fresh chopped dill
2 medium cucumbers, chopped
1 cup dried cranberries
8 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

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



Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit www.uky.edu/fcs



University of Kentucky
 College of Agriculture,
 Food and Environment
 Cooperative Extension Service