



# Cucumber, Corn, and Bean Salsa

**2-3** large cucumbers  
**2** tomatoes  
**1** yellow bell pepper  
**1** small red onion  
**¼ cup** chopped fresh cilantro  
**½ cup** black beans

**½ cup** fresh whole kernel corn, cooked  
**1 ounce** package dry ranch dressing mix  
**⅛ cup** cider vinegar  
**2 tablespoons** sugar, optional

**Wash** all vegetables. Finely **chop** cucumbers, tomatoes, pepper, and onion. **Combine** in a large mixing bowl with chopped cilantro. **Drain** and rinse beans and add to chopped vegetables. **Add** corn. If using canned corn instead of fresh, **drain** off liquid prior to adding to vegetables.

**In a small bowl**, mix together ranch

dressing packet, vinegar, and sugar. **Pour** dressing over vegetables and mix well. **Serve** immediately or refrigerate until chilled.

**Yield:** Makes 20, ½ cup servings.

**Nutrition Analysis:** 50 calories, 0 g fat, 130 mg sodium, 7 g carbohydrates, 2 g fiber, 70% Daily Value of vitamin C and 6% Daily Value of vitamin A

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Kentucky Cucumber

**SEASON:** June to September.

**NUTRITION FACTS:** Cucumbers are naturally high in water; a one-half cup serving contains only 7 calories.

**SELECTION:** Choose firm, fully green cucumbers with no yellowing or soft spots. Cucumbers suitable for slicing and 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 for up to 3 days.

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

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

**FOR PICKLING:** Follow recipe instructions. Four pounds of cucumbers yield 5 to 6 pints of pickles.

### CUCUMBER

**Kentucky Proud Project**

County Extension Agents for Family and Consumer Science

University of Kentucky, Nutrition

and Food Science students

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