



# CUCUMBERS

## Description

Cucumbers are typically in season July through October. Most of the beneficial nutrients in cucumbers are found in the skin. This includes potassium, vitamin K, magnesium and fiber. Potassium plays a critical role in maintaining blood pressure. Vitamin K and magnesium support muscle and nerve function. Vitamin K is also a critical nutrient needed for blood clotting.

## Selecting

Cucumbers should have a uniform green color without yellow spots. Select firm cucumbers without blemishes or soft spots, which could indicate that have started to deteriorate.

## Storing

Unwashed cucumbers can be stored up to 1 week in the refrigerator. Quality may be maintained longer if stored unwashed in a moisture-proof bag.

## Preparing

Rinse cucumbers under cool running water. If choosing to remove seeds, cut in half lengthwise and scoop seeds out with a spoon.

## Recipe of the Month

*Cucumber and Ricotta Bites*

### Ingredients:

- 1 cucumber, sliced into ½ inch rounds
- 1 tsp fresh dill
- 1 tsp garlic powder
- Cherry tomatoes, cut in half
- ½ tsp onion powder
- 1 cup ricotta cheese
- Red chili flakes to taste
- Salt and pepper to taste

### Directions:

- Mix ricotta cheese and all seasonings together in a bowl.
- Top each cucumber with ¼ tsp of ricotta mixture and half of a cherry tomato.
- Garnish with fresh cracked black pepper or additional chopped fresh dill and serve.

*\*\*Any herbs can be used in the ricotta mixture. Low-fat cream cheese can also be substituted for ricotta.*

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 cup sliced cucumber, unpeeled</b>
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<b>Amount per serving</b>	
<b>Calories</b>	<b>15</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
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Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 153mg	4%
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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Funded in part by USDA SNAP.  
For more information, call MU Extension's Show Me Nutrition line at **1-888-515-0016**.

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