

## CUCUMBER

### Types

There are several types of cucumber.

**Armenian:** Long, thin, crunchy cucumbers with soft seeds. No peeling or seeding necessary.

**English or Greenhouse (hothouse):** Dark green and thin skin, long, and thin. Has a very mild flavor and soft seeds. Usually sold individually wrapped in plastic in stores.

**Garden or Slicing:** This is the most common type found in North America. It has smooth, dark green skin and large seeds. They are usually sold with waxed

skin to preserve water, so peeling is common. Removing the seeds also is common.

**Kirby:** Short, yellowish-green, and bumpy. Crunchy and great flavor for pickling.

**Lemon:** Yellow, round, and sweet, with thin skin and minimal seeds.

**Persian:** These look exactly like English cucumbers, except these come in many different sizes and different skin texture.

**Pickling:** Short, blocky, and crunchy. Good for pickling or fresh in salads.

### Selection Info

Chose firm, slender-shaped cucumbers that are green. Avoid cucumbers that are ripening to yellow or enlarged in the middle.

### Preparation

Cucumbers can be eaten raw, and prepared with or without seeds and skin.

**To Peel:** Use a knife or vegetable peeler to remove the skin.

**To De-seed:** Cut cucumber in half lengthwise, then use a spoon or knife to scoop out the seeds from each half. You can also quarter larger cucumbers before removing the seeds.

**To Slice Peel and de-seed cucumber as desired.** Lay the cucumber flat on a cutting board, and cut into slices or chunks.

**Note:** Sometimes cucumbers are bitter. Bitterness is stronger at the stem end of the cucumber. The chemicals that cause bitterness (and the “burp”), Cucurbitacin B and Cucurbitacin C, are found in and under the skin, so peeling the cucumber may improve flavor.

### Storage

**Short-Term Storage:** Cucumbers can be placed in a plastic bag and refrigerated for up to one week.

**Long-Term Storage:** Cucumbers are great for canning and pickling.

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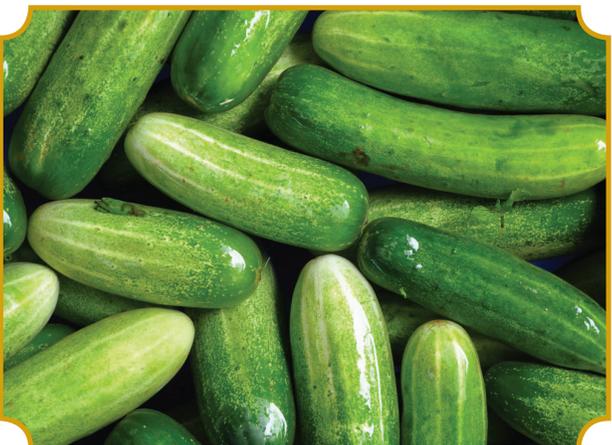
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# CHICKEN CLUB SALAD

## Ingredients

- 1 cup small pasta (such as macaroni or rotelle — uncooked whole wheat)
- 6 cups romaine lettuce (well washed and torn) OR spinach
- 2 cups fresh vegetables (sweet pepper, celery, cauliflower florets, cucumber, carrots — chopped)
- 2 cups tomatoes (chopped)
- 1/2 cup cubed cooked skinless, boneless chicken (1/2 pound)
- 1/2 cup lowfat Italian dressing
- 1 hard-boiled egg (optional)
- 1/4 cup cheese (shredded or crumbles)



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Share your recipes!

## Directions

1. Cook pasta according to package directions. Drain and cool.
2. In a large bowl, combine the lettuce, chopped vegetables, chicken, and pasta.
3. Add dressing and toss lightly to coat. Divide evenly among 4 bowls.
4. Top each serving with a few egg slices (if desired) and 1 tablespoon of the shredded cheese.

### Nutrition Information

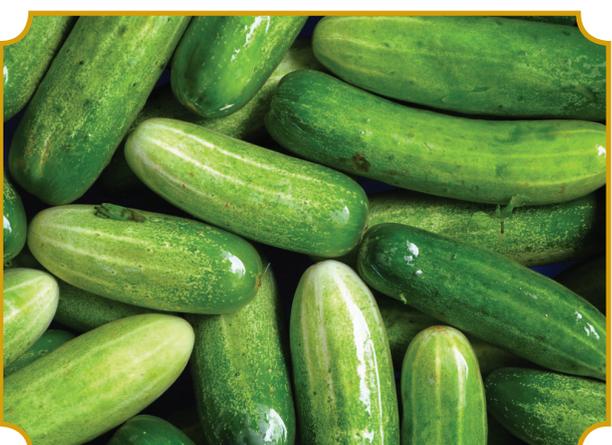
Serving Size 1/4 of recipe

Nutrients	Amount	% Daily Value
Total Calories	270	
Protein	24g	
Carbohydrates	29g	10
Dietary Fiber	6g	24
Total Fat	6g	9
Saturated Fat	1.5g	8
Cholesterol	50mg	
Sodium	380mg	16

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