

# Cucumbers

Cucumbers are a refreshing and low-calorie snack, and the high water content is nearly as thirst-quenching as a glass of water! They are best eaten raw.

- Slice or chop and add to salads or sandwiches
- Slice or cut into spears for an easy snack – serve with salad dressing or hummus for extra flavor and nutrition
- Dice and combine with plain yogurt, dill, lemon juice, salt, and vegetable oil for a simple cucumber salad
- Refrigerate in plastic bag; do not wash before storing



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