

# Cucumbers

Good source of Vitamin K



## Garden Tortilla Wraps

4 oz. feta cheese  
2 oz. cream cheese  
¼ cup sour cream  
Minced zest of 1 lemon  
Salt and pepper to taste  
2 T. minced fresh dill

1 T. minced fresh mint  
1 cup seeded  
cucumber, diced  
1 cup radishes, diced  
¼ cup red onion, thinly sliced  
3 tortillas, warmed

Puree feta, cream cheese, sour cream, zest, salt and pepper in a food processor until smooth. Transfer to a bowl and fold in herbs. Spread 1/3 of the feta mixture evenly over each tortilla. Top ½ of each tortilla with 1/3 of the vegetables. Roll tortilla, wrap in plastic, and refrigerate for 30 minute to set up the filling. Slice each wrap into 4 pieces. Makes 12 pieces.

## Peach and Cucumber Salad with Chicken Breasts

3 T. olive oil, plus more for the grill  
¼ cup mayonnaise  
1 tsp. sweet paprika  
Kosher salt and black pepper  
4 bone-in, skin-on chicken breasts (about 4 lbs. total)

2 peaches, pitted and thinly sliced  
2 small cucumbers, thinly sliced  
1 green onion, thinly sliced  
1 T. cider vinegar  
1 T. fresh thyme leaves

Heat grill or a grill pan to medium. Once it is hot, clean the grill grate with a wire brush. Just before grilling, oil the grill grate or grill pan. Mix together the mayonnaise, paprika, and ¼ tsp. each salt and pepper in a small bowl. Loosen the skin from the chicken with your fingers and, dividing evenly, spread the mayonnaise mixture underneath. Brush the chicken with 1 tablespoon of the oil and place on grill, skin-side down. Grill, covered, until the skin is browned and crisp and an instant-read thermometer inserted in the thickest part of the meat registers 165° F, 12-15 minutes per side. Meanwhile, toss the peaches with the cucumbers, shallot, vinegar, thyme, the remaining 2 tablespoons of oil, and ¼ teaspoon each salt and pepper in a large bowl. Serve the chicken with the peach and cucumber salad. Makes 4 servings.

## Radish Cucumber Salad

1 medium cucumber, peeled, seeded and cut into 1”  
julienne strips  
4 radishes, julienned  
4 T. chopped red onion

2 T. olive or vegetable oil  
1 T. lemon juice  
1/8 tsp. garlic powder  
½ tsp. black pepper

In a serving bowl, combine the cucumber, radishes and onion. In another bowl, combine the remaining ingredients. Pour over vegetables and toss to coat. Serve immediately. Makes 4 servings.

## Spring Roll Dippers

8 (6") spring rolls wrappers  
¾ cup cooked cellophane noodles  
¾ cup thinly sliced cabbage  
2/3 cup julienned carrot

½ cup seeded cucumber, sliced into thin half-moons  
¼ cup fresh mint leaves  
Your favorite sweet dipping sauce, optional

Soften spring roll wrappers one at a time in a shallow dish of hot water until they are pliable, about 30 seconds each. Blot excess water from softened wrapper with a towel. Arrange some noodles, cabbage, carrot, cucumber, and mint in the center of wrapper. Fold opposite sides of wrapper in toward the center. Starting with the unfolded edge closest to you, roll wrapper to completely enclose filling. Assemble remaining spring rolls. Cover and chill rolls, or serve immediately. Serve with your favorite sauce. Makes 4 servings.

## Basil and Crab Topped Cucumbers

1 medium English (seedless) cucumber  
1 (3 oz.) package Neufchatel cheese, softened  
2 T. plain low-fat yogurt  
2 T. finely chopped red onion  
2 tsp. grated lemon peel

1 cup frozen cooked crabmeat (from 6 oz. package),  
thawed, drained and flaked  
2 T. capers, if desired  
Small basil leaves or chopped fresh basil, if desired

Score cucumber lengthwise with tines of fork if desired. Cut into 36 (1/4 inch) slices. In a small bowl, beat cheese with electric mixer on low speed until creamy. Beat in yogurt until well blended. Stir in chopped basil, onion, lemon peel and crabmeat. Spread or pipe about 1 teaspoon crabmeat mixture on each cucumber slice. Sprinkle with capers. Garnish with basil leaves. Makes 36 appetizers.

## Radish Cucumber Salad

1 medium cucumber, peeled, seeded and cut into 1"  
julienne strips  
4 radishes, julienned  
4 T. chopped red onion

2 T. olive or vegetable oil  
1 T. lemon juice  
1/8 tsp. garlic powder  
½ tsp. black pepper

In a serving bowl, combine the cucumber, radishes and onion. In another bowl, combine the remaining ingredients. Pour over vegetables and toss to coat. Serve immediately. Makes 4 servings.

## Gardener's Salad

2 T. red wine vinegar  
1 T. minced garlic  
1 tsp. Dijon mustard  
2 T. extra-virgin olive oil

Salt and pepper to taste  
4 cups mixed salad greens  
¼ cup seeded, sliced cucumber  
¼ cup sliced radishes

For the vinaigrette, whisk together vinegar, garlic, and Dijon. Drizzle in oil while whisking until combined, then season with salt and pepper. For the salad, toss greens, cucumber, and radish with vinaigrette. Makes 4 servings.

## Crab Louis Cucumber Cups

2-3 English cucumbers  
¼ cup low-fat plain yogurt  
¼ cup Neufchatel cheese, softened  
2 tablespoons ketchup  
2 teaspoon chili garlic sauce  
1 teaspoon Worcestershire sauce

1 (12 ounce) package pasteurized crabmeat  
½ cup red or yellow bell pepper, diced  
2 tablespoons dried chopped chives  
1 teaspoon lemon juice  
Salt and pepper  
Halved grape tomatoes for garnish, optional

Peel cucumbers lengthwise to create strips. Trim ends, then cut crosswise into 2" wide pieces. Scoop seeds and flesh from centers, making cups. Combine yogurt, cream cheese, ketchup, chili garlic sauce and Worcestershire sauce in a bowl. Fold in the crab, bell pepper, chives, and lemon juice; season with salt and pepper. Fill cucumber cups with crab mixture. Makes 24 appetizers.