

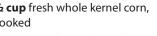
Cucumber, Corn, and Bean Salsa

2-3 large cucumbers	1/2 0
2 tomatoes	coc
1 yellow bell pepper	10
1 small red onion	dre
¼ cup chopped fresh cilantro	¹ /8 C
1⁄2 cup black beans	2 ta

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

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



ounce package dry ranch essing mix

cup cider vinegar

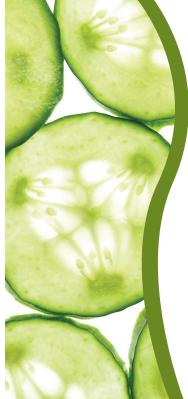
2 tablespoons sugar, optional

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

Yield: Makes 20, 1/2 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





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2-3 large cucumbers	1/2 cup fresh whole kernel corn,	
 2 tomatoes 1 yellow bell pepper 1 small red onion ¼ cup chopped fresh cilantro ½ cup black beans 	cooked 1 ounce package dry ranch dressing mix	
	⅛ cup cider vinegar 2 tablespoons sugar, optional	
Wash all vegetables. Finely chop	dressing packet, vinegar, and sugar.	

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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

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
May 2010
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