



Cucumber, Corn, and Bean Salsa

2-3 large cucumbers
2 tomatoes
1 yellow bell pepper
1 small red onion
¼ cup chopped fresh cilantro
½ cup black beans

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

½ cup fresh whole kernel corn, cooked

1 ounce package dry ranch dressing mix

⅛ 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, ½ 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

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



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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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