

Cucumber, Corn, and Bean Salsa

2-3 large cucumbers	½ c
2 tomatoes	CO0
1 yellow bell pepper	1 οι
1 small red onion	dres
1⁄4 cup chopped fresh cilantro	¹ ⁄8 CI
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.

e **cup** fresh whole kernel corn, boked **ounce** package dry ranch

essing mix

cup cider vinegar

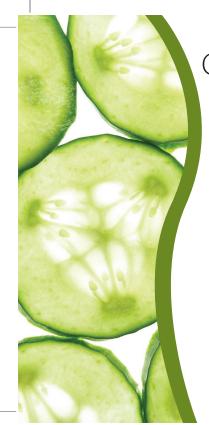
2 tablespoons sugar, optional

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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cucumbers, tomatoes, pepper,	Pour dressing over vegetables and
and onion. Combine in a large	mix well. Serve immediately or
mixing bowl with chopped cilantro.	refrigerate until chilled.
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drain off liquid prior to adding to	2 g fiber, 70% Daily Value of vitamin C

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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
COOPERATIVE

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