



Fun Facts:

- Cool as a cucumber isn't just a phrase but the inside of a cucumber can be as much as 20 degrees cooler than it's surrounding air.
- Cucumbers are a great source of B vitamins and carbohydrates that can provide that afternoon pick-me-up that can be the jolt that you need.

Cucumber Salad:

Makes: 2 servings

Ingredients

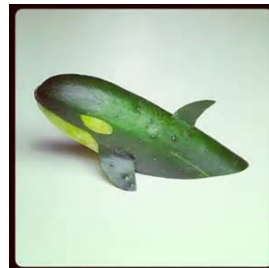
- 1 cucumber (large, peeled and thinly sliced)
- 2 tablespoons yogurt, low-fat



- 1 tablespoon vinegar
- 1 tablespoon vegetable oil
- 1 tablespoon water
- 1 teaspoon dill weed (optional)
- 1 dash pepper (optional)

Directions

1. Peel and thinly slice cucumber.
2. Mix all other ingredients in the mixing bowl.
3. Add cucumber slices and stir until coated.
4. Chill until serving.



Turkey and Cucumber Sandwich:

Makes: 4 Servings

Ingredients

- 4 slices whole wheat bread
- 4 slices enriched white bread
- 1/2 cup plain fat free yogurt
- 2 fresh dill sprigs (chopped)
- 1/2 cup cucumbers, chopped
- 1/4 cup onion, chopped
- 1/8 teaspoon black pepper
- 8 ounces turkey breast, thinly sliced (or you can use fat free, low-sodium deli turkey)
- Additional cucumber slices, as desired
- 1/8 teaspoon salt (optional)

Cucumber Serving: 1 cup raw
Calories 14
Protein 0.7 grams
Fat 0
Carbohydrate 2.5 grams
Fiber 1 gram
Calcium 17 mg
Iron 0.26 mg
Sodium 2 mg
Vitamin A 86 IU
Vitamin C 4mg

Directions

1. Mix the yogurt, dill, onion, pepper and chopped cucumbers.
2. Divide the yogurt/cucumber mixture on all 8 slices of bread.
3. Top the whole wheat bread with turkey and cucumber slices.
4. Cover with the white bread slices.

