

# Cucumber

## Health Benefits

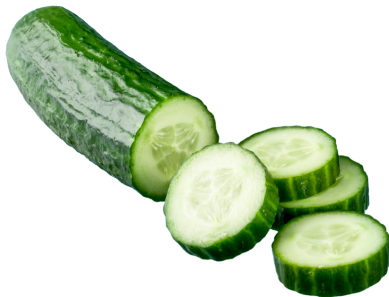
Has a high water content which helps keeps you hydrated!

## Storage

Unwashed in the refrigerator.

## Preparation

Rinse thoroughly with water. Can be peeled but is not necessary. Cucumbers are usually eaten raw. Chop, dice or slice them, eat as is or add to salads, or sandwiches.



## Savoury Salad

### Ingredients:

Tomatoes, diced  
Cucumber, diced  
Onion, diced  
Bell pepper, diced  
Olives (optional)  
Cheese or beans of your choice (optional)  
Dressing of your choice.



### Directions:

1. Combine all ingredients in a bowl.
  2. Add your favourite dressing.
  3. Optional: garnish with cubed cheese
- \*Recipe adapted from [simplyrecipes.com](http://simplyrecipes.com)

## Tip!

Eat the cucumber with the peel to get the most vitamins and minerals!