

Pick a **better snack**<sup>TM</sup> (how easy is that?)

**Cucumbers in Herb Yogurt**

**Wash. Slice.**

**Eat.**



- 1 large cucumber, thinly sliced
- Boiling water
- 2 cups low-fat yogurt
- 3 tablespoons minced basil
- 2 tablespoons minced mint
- 1 tablespoon minced green onion
- 1 clove minced garlic
- ¼ teaspoon pepper

Pour water over cucumbers; drain and dry. Combine all ingredients and chill up to 24 hours. Fresh herbs make this especially tasty. Makes 8 servings.

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## Cucumber



## Wash. Slice. Eat. How easy is that?

- Cut cucumber into slices and serve in stacks secured with a party pick stick down the center.
- Make mini cucumber sandwiches by spreading cucumber slices with cream cheese and ‘sandwiching’ other vegetables between two slices.
- Slice cucumber in half, lengthwise and scoop out the seeds. Make a “cucumber boat” by filling it with cottage cheese and adding carrot sticks for oars.

**Buying tips:** Look for firm, green and slender cucumbers that do not have soft spots and wrinkled skin.

**Special tip:** To wash, rinse in cold water. Eat raw with or without skin.

**Storing tips:** Cucumbers should be stored in the refrigerator and are best if used within 1 week.

**Serving size:** ½ cup of cucumber slices.

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