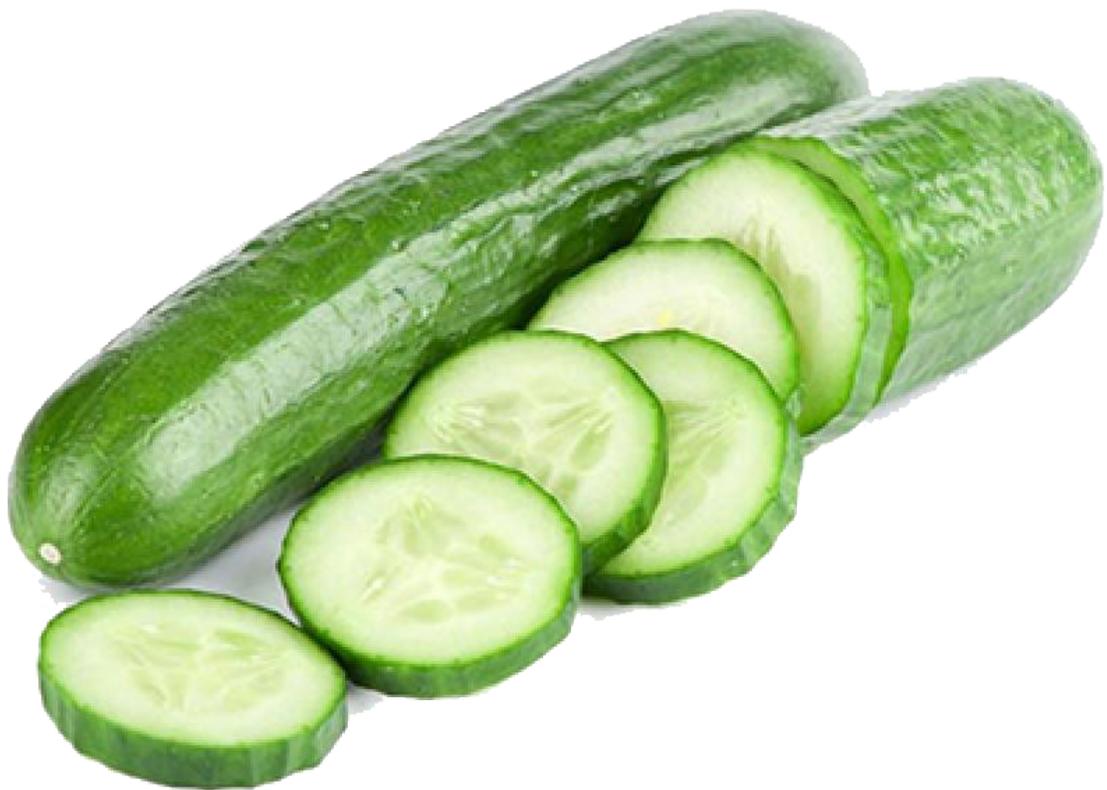


CUCUMBER



*Produced by the Little Burgundy Coalition's Health and Food Committee and the Osez la santé team
at the CIUSS du Centre-Sud-de-l'Île-de-Montréal*

Accessible to all, the cucumber is cheap, easy to prepare, and available all year long. Discover the pleasures of eating this vegetable raw or cooked!

VARIETIES

There are about forty different varieties of cucumbers. In Quebec, the most popular varieties are: the English cucumber, the gherkin cucumber, the lebanese cucumber, the American cucumber and the mini-cucumber.

BUYING THEM

Choose a cucumber with smooth skin, that is green and firm.

PREPARING THEM

Usually eaten raw, cucumbers can also be cooked! They require little preparation, also skin and seeds can be eaten . If you enjoy skinless veggies then it can be peeled. If the seeds inside are too hard, they can simply be removed.

USING THEM

Grated, cut in long slices, or diced, the raw cucumber is a delicious ingredient to add to salads. When cooked, recipes with cucumber make excellent soups and seafood. Cucumber is also tasty when eaten with cheeses, and certain fruits such as apples and grapes.

COOKING THEM

Try and always choose quick cooking methods – this ensures that the cucumber keeps its flavour and preserves its crunchy texture.

Microwave: Cut cucumbers and put in a plate, cover with a film of plastic. Cook for 30 seconds.

In a pan: Remove the central part of the cucumber so it does not make too much water for cooking and cook 2 to 3 minutes in a little oil or melted butter.

In boiling salted water: Cook for 2 minutes.

Steamed: Cook for 5 - 8 minutes

NUTRITIONAL VALUE

Composed 95% of water, the cucumber is very refreshing! It contains a good dose of vitamin K, which helps blood coagulation and bone growth. It also provides vitamin C, folic acid and potassium. It is in the skin that one gets the most nutrients !

CONSERVATION

Cucumbers are sensitive to temperature changes. They can keep for up to 3 to 5 days in the refrigerator. If it is cut, it should be wrapped with plastic to preserve freshness. The cucumber is not resistant to freezing.

DID YOU KNOW THAT...

The bigger a cucumber is, the more seeds it contains and the more bitter it is.

GASPACHO

PREPARATION TIME: 10 MINUTES

PORTIONS: 6



INGREDIENTS

- 1 Can of stewed, drained tomatoes (28 oz (796 ml))
- 1/2 Red onion
- 1 Seedless red pepper cut in 4
- 1 Cucumber, peeled and chopped into cubes
- 1 Stalk of celery, cut into chunks
- 1 Bunch of basil, fresh
- 1 teaspoon 5 ml Minced garlic

PROCEDURE

In a blender or mixer, puree all ingredients until smooth.
Serve cold..

TZATZIKI SAUCE

PREPARATION TIME: 15 MINUTES

PORTIONS: 4



INGREDIENTS

- 2 Cucumbers, peeled, deseeded and diced
- 1 tablespoon of coarse salt
- 1 garlic clove, finely chopped
- 1 ¹/₂ cup of plain yogurt
- 4 tablespoon of extra virgin olive oil
- 1 tablespoon of fresh lemon juice
- 1 tablespoon of dried dill
- Salt and pepper

PROCEDURE

Coat the cucumber pieces with the coarse salt, then let stand for 1 hour.

Rinse well with cold water. Drain and crush the cucumber with an electric mixer until the consistency of a mashed potato, then drain again using a sieve.

Add the rest of the ingredients. Mix to a homogeneous consistency.

** You can leave a little skin on the cucumbers, this will add color to the sauce.*