

Cucumber

Available

All year round.

Buy

Choose cucumber with a firm skin and even colour.

Store

In the vegetable bin in the fridge.



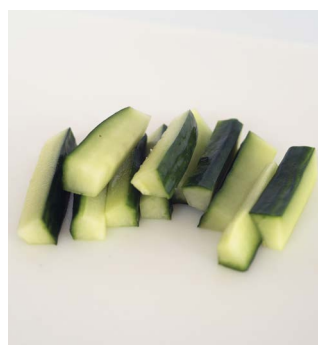
Prepare



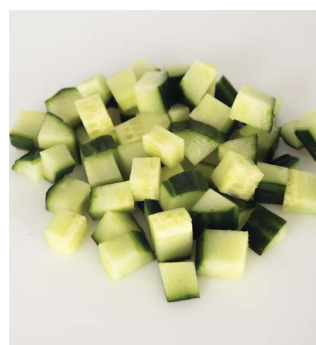
Whole.



Cut in half and quarters.



Slice into sticks.



Cut into cubes.

Cook

Can be:



Flavoured water



With dips



Salad



Sandwich



Cucumber with yoghurt dip (Tzatziki)

(serves 4)

Ingredients

1 cucumber, grated
1 clove garlic, crushed
¼ cup mint leaves, chopped
1 ½ cups plain unsweetened yoghurt
1 tablespoon lemon juice

Method



1 Place grated cucumber in a sieve or clean tea towel over a bowl.



2 Gently squeeze out the excess liquid. Place cucumber in a bowl.



3 Add garlic, mint, yoghurt and lemon juice.



4 Mix well and cover. Place in the fridge until ready to serve.

For more easy, fast and affordable food ideas visit healthykids.org.nz/eat/recipes, vegetables.co.nz or heartfoundation.org.nz/recipes