

CUCUMBER RECIPES



RECIPE: ICEBOX PICKLES

Key Ingredients

- 2 CUPS SLICED CUCUMBERS OR ABOUT 4-5 PICKLING CUCUMBERS
- 1/2 CUP SLICED ONION
- 1 CUP VINEGAR (WHITE, APPLE CIDER OR RICE)
- 1/2 CUP SUGAR
- 2-3 TEASPOONS SALT
- OPTIONAL- ADD FRESH DILL OR YOUR FAVORITE PICKLING SPICES

Recipe

1. USING A 1 QUART MASON JAR, COMBINE VINEGAR, SUGAR AND SALT UNTIL DISSOLVED.
2. ADD SLICED CUCUMBER AND ONION. THE VEGETABLES SHOULD BE SUBMERGED BY THE BRINE.
3. COVER AND PLACE THE JAR IN THE REFRIGERATOR TO MARINATE VEGETABLES IN BRINE OVERNIGHT.

NOTE- DEPENDING ON YOUR PREFERENCE, YOU MAY DESIRE DECREASING OR ADDING MORE SUGAR.



RECIPE: TRADITIONAL GREEK SALAD

Key Ingredients

- 6 MEDIUM TOMATOES, ROUGHLY CHOPPED
- 1 LARGE CUCUMBER, CHOPPED
- 1 SMALL RED ONION, DICED
- 1/2 CUP KALAMATA OLIVES, SLICED
- 6 OZ. FETA CHEESE
- SERVE WITH "GREEK" STYLE DRESSING AS DESIRED OR MAKE YOUR OWN

Recipe

1. WASH TOMATOES AND CUCUMBER. CHOP BOTH TO DESIRED SIZE.
2. DICE OR SLICE RED ONION TO DESIRED SIZE.
3. COMBINE TOMATOES, CUCUMBER, RED ONION, SLICED OLIVES AND FETA IN A LARGE BOWL.
4. DRIZZLE SALAD WITH DRESSING AS DESIRED.

THIS RECIPE HAS A LOT OF VERSATILITY! ADD COOKED ORZO OR OTHER FAVORITE PASTA OR COOKED BULGUR WHEAT. SERVE THE SALAD OVER GRILLED CHICKEN OR FISH. SERVE THE SALAD IN A PITA WITH FAVORITE PROTEIN, SUCH AS CHICKEN, STEAK, LAMB OR FISH.



RECIPE: TZATZIKI WITH CUCUMBER

Key Ingredients

- 2 CUPS PLAIN FAT-FREE GREEK YOGURT
- 1 MEDIUM CUCUMBER, SEEDED AND FINELY CHOPPED OR GRATED
- 2 TBSP. FRESH DILL, FINELY CHOPPED
- 1 TBSP. LEMON JUICE
- 1 TSP. LEMON ZEST (IDEALLY USE ORGANIC LEMON)
- 2 GARLIC CLOVES, MINCED
- 1/2 TSP. SALT
- 1/4 TSP. BLACK PEPPER

Recipe

1. WASH CUCUMBER. FINELY CHOP OR GRATE CUCUMBER. USING YOUR HANDS OR CHEESECLOTH, SQUEEZE GRATED CUCUMBER TO REMOVE ANY EXCESS WATER. PLACE DRAINED CUCUMBER IN A BOWL AND SET ASIDE.
2. IN A MEDIUM BOWL, ADD YOGURT, DILL, LEMON JUICE, LEMON ZEST, GARLIC, SALT, PEPPER, AND DRAINED CUCUMBER. USING A LARGE SPOON, STIR UNTIL INGREDIENTS ARE COMBINED.
3. COVER BOWL AND PLACE IN REFRIGERATOR TO MARINATE, IDEALLY OVERNIGHT OR FOR AT LEAST 2-3 HOURS.

SERVE WITH LAMB OR GRILLED CHICKEN. USE AS A DIP FOR VEGETABLES. USE AS A SPREAD ON SANDWICHES, WRAPS OR PITAS. SERVE WITH GRILLED VEGETABLES. USE IN PLACE OF SOUR CREAM ON A BAKED POTATO.

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Recipe Reference:

Wilcox. J. Jill's Starters. (2010). Jill's Table: London, Ontario.