

Cucumbers



Cucumbers are a **good** sources of fibre, particularly in the skin. They also provide potassium and magnesium. The AHA also recommend reducing sodium and increasing potassium intake to help prevent high blood pressure. The cucurbitaceous in **cucumber** may also help prevent atherosclerosis.

Recipes

- Mix sliced cucumbers, tomatoes, olives, and feta cheese for a Greek-style side dish



- Jazz up your water by adding mint leaves and cucumber

- Slice cucumbers into thick slices and dip them in your favourite hummus
 - Combine them with cheese or sliced turkey in a sandwich
- Cucumber juice, alone or combined with the juice of other vegetables, such as carrot and celery, makes a healthful and refreshing drink
- Puree cucumbers with tomatoes, green peppers, and onions to make a chilled gazpacho soup