



SDSU

Extension

# Cucumber

*Lakota: kunjúŋ*

- Select firm cucumbers, no soft spots and even bright green color, with no yellow.
- Avoid bulging cucumbers – often large seeds and tasteless flesh.
- Store bought cucumbers are waxed to hold moisture.
- Cucumbers are often rinsed, sliced, and used in salads or vegetable platters.
- To pickle, place cucumbers in clean, hot canning jar. Follow a recipe; add hot vinegar and seasonings. Remove bubbles, secure lid, and refrigerate six weeks.

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## Thai Cucumber Salad

### Ingredients

- ¼ cup sugar
- 1 teaspoon salt
- ½ cup white vinegar
- 4 cucumbers, sliced lengthwise, seeded
- 1-2 green onions, thinly sliced
- 10- whole cilantro leaves or 1 teaspoon dried cilantro leaves
- ¼ cup red pepper, cut into 1-inch strips

### Directions

1. Combine sugar, vinegar, and salt
2. Heat mixture in a small saucepan until the sugar is dissolved, about 5 minutes. Don't boil.
3. Place saucepan in cold water so the mixture cools.
4. Combine cucumbers and green onions in a bowl.
5. As soon as it is cool enough, pour over the cucumbers and green onions and place red peppers on top.

Yields 4 servings.

#### Nutrition Facts per Serving:

Calories 80; Fat 0mg; Cholesterol 0mg; Sodium 590mg;  
Carbohydrates 18mg; Sugar 16g; Fiber 2g; Protein 1g

## Cucumber Yogurt Dip

### Ingredients

- 2 cups yogurt (plain, low fat)
- 2 medium cucumbers
- ½ cup non-fat sour cream
- 1-Tablespoon lemon juice
- 1-Tablespoon fresh dill
- 1 garlic clove (chopped)
- 1-cup cherry tomatoes
- 1-cup broccoli florets
- 1-cup baby carrots

### Directions

Peel, seed, and grate one cucumber. Slice other cucumber and set aside. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

Yield 6 servings

#### Nutrition Facts per Serving:

Calories 95; Fat 2g; Cholesterol 7mg; Sodium 116mg; Carbohydrates 15g; Sugar 9g; Fiber 2g; Protein 6g