



**COOL OFF**

With

**CUCUMBER**



*Nutritious · Delicious · Wisconsin!*



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## Cool off with Cucumber at home!

### Try three new variations of cucumber salad:

- Chop cucumbers and tomatoes, sprinkle with feta cheese, add a dash of vinegar and oil, and season with salt and pepper.
- Toss together cubed watermelon, sliced cucumbers, feta cheese, and chopped mint and basil. Squeeze a lime over the salad, drizzle with olive oil, and season with salt and pepper.
- Slice cucumbers and red onion. Combine 3 Tbsp vinegar, 1 Tbsp sugar, ¼ tsp salt and pepper. Toss dressing with salad. Sprinkle with 1 tsp dry dill.

### Family Fun: Cucumber Boats

Cut a cucumber in half lengthwise. Scoop out the inside to use in a salad recipe. The outer shell makes a fun boat! Let your kids fill their boat with other fruit and veggie “passengers”.

*Make meals and memories together. It's a lesson kids will use for life.*

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