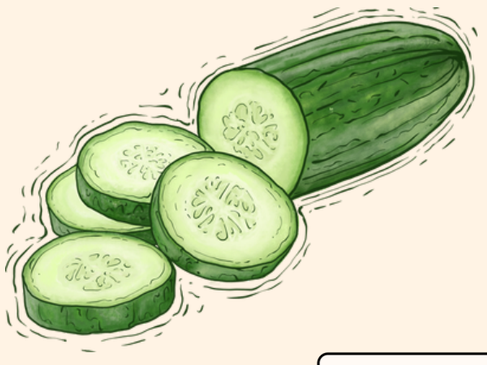
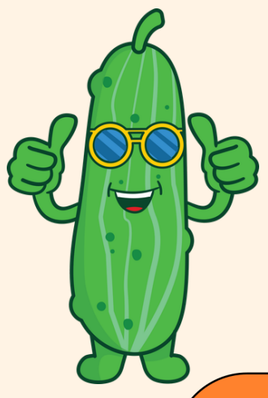


CIARA THE CUCUMBER

April

It's April and we are really excited to introduce our new Superhero Vegetable of the month!

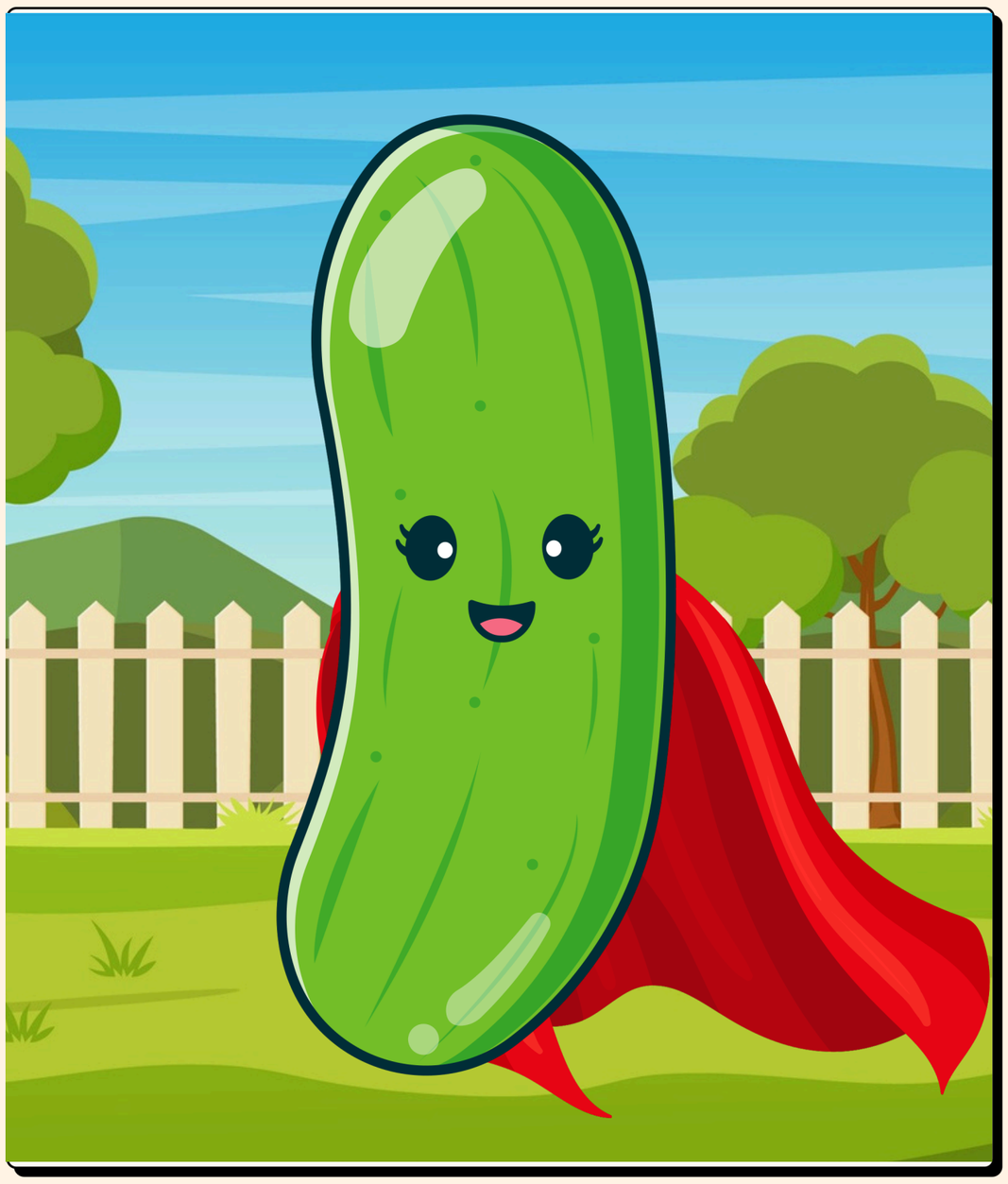
Can you guess who I am?





Who Am I?

- I look like a long, green, shiny stick. When you cut me open I'm watery with little, white seeds
- I am hard and crunchy on the outside, and juicy on the inside



Did You Know?

- I am made up of 96% water
- I am actually considered a fruit
- My flavour comes from the little seeds on the inside
- A single vine can produce 25-125 cucumbers
- Chewing on a cucumber can help get rid of bad breath!
- Cucumbers have been around for more than 3000 years!



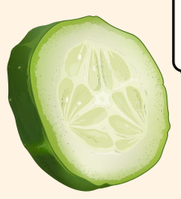
Where Can You Find Me?

- Cucumbers grow in placeswhere temperatures are warm but not too humid, such as China, Turkey, Russia
- They grow on hairy, spiraling vines with large, rough leaves
- Cucumbers need proper sunlight, hydration and temperature to grow
- They grow best in the warmer months
- To keep fresh, store cucumbers in a plastic bag, in the fridge

Why You Should Eat Me?

First of all I taste delicious but best of all I help you grow big and strong!

- I am made out of 96% ***Water***, therefore, I help hydrate you
- I am high in ***Vitamin K*** which helps your cuts heal
- I contain ***fibre*** which helps you digest food
- I'm *high* in *Potassium* and *low* in *Sodium*, which is good for heart health



Fun Ways to Eat Me

- You can add me into your salads and sandwiches

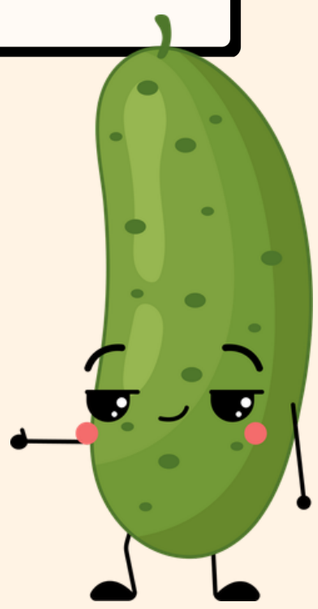
or

- You can dunk me into a sauce/dip

or

- You can eat me as I am

Turn over for a cool recipe!



LOW PROTEIN RECIPES

SESAME CUCUMBER SALAD

(Recipe makes 2-3 servings)



Ingredients:

- 2 medium-sized cucumbers
- 1/2 teaspoon salt
- 2 teaspoons toasted (dark) sesame oil
- 2 tablespoons rice vinegar
- 6 basil leaves, thinly sliced (optional)
- 1/2 teaspoon red chili flakes
- 2 teaspoons toasted sesame seeds
  (optional- 6 g = 1 exchange in whole recipe)

Method:

1. Peel the cucumbers. Cut them into quarters, lengthwise. (If the seeds are bitter, scrape out the seeds and discard.) Cut the cucumbers again, crosswise, into 1 cm thick pieces.
2. Place cucumbers into a serving bowl. Sprinkle with salt. Toss with sesame oil, seasoned rice vinegar, basil (if using), and chilli flakes. Sprinkle with toasted sesame seeds if using.