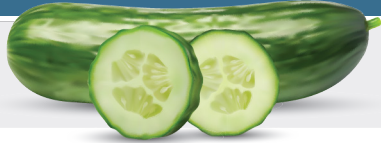


HERBED SMASHED CUCUMBERS



June 14

National Cucumber Day

INGREDIENTS

- ¼ Cup Plain Greek Yogurt (about 1 small)
- 1 Tablespoon Lemon Juice
- 1 Tablespoon Olive Oil
- 2 Pounds Cucumbers (about 4 medium)
- ½ Cup Finely Chopped Red Onion
- 1 Tablespoon Fresh Dill (or 1 teaspoon dried dill)
- 1 Tablespoon Fresh Chopped Parsley (or 1 teaspoon dried parsley)

DIRECTIONS

1. Whisk the yogurt, lemon juice, and oil together in a large bowl; set aside.
2. Peel the cucumbers and cut them in half lengthwise. Cut each half crosswise into 1-inch segments. Spread the pieces out on a cutting board, flat-side down, and use a heavy pot or skillet to smash the cucumber pieces and lightly crush them.
3. Transfer the smashed cucumbers to the bowl with the yogurt. Add the red onion, dill, and parsley.
4. Toss gently to combine. Taste and season with salt and pepper as needed.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/8 Cup	1/4 Cup	1/2 Cup	1/2 Cup