

Available Now...

Cucumbers

A cucumber is more than 95% water, and is part of the same plant family as melons, squash and pumpkins.



Tips & Nutrition

Choose firm, well-shaped cucumbers with dark green color that are heavy for their size. Cucumbers are fat free, sodium free and a good source of vitamin C.



Fresh Inspirations...

Thai Peanut Cucumber Salad

Dressing:

- 1-1/2 Cups Chunky Peanut Butter
- 3/4 Cup Apple Cider Vinegar
- 1/4 Cup Low Sodium Soy Sauce
- 1/4 Cup Sesame Oil
- 3/4 Cup Sugar
- 1 Tsp. Fresh Garlic, minced
- 3/4 Cup Water, room temperature
- 3/4 Cup Sweet Chili Sauce
- 1/4 Cup Roasted Peanuts

Place vinegar, soy sauce, sesame oil, sugar, garlic, water and chili sauce into a blender and turn on low speed. Slowly add the peanut butter and pulse until just mixed. Add the roasted peanuts and pulse for 30 seconds. Remove from the blender and refrigerate in a sealed container.

Salad:

- 3 Cucumbers
- 1 Red Onion
- 1 Bunch Fresh Cilantro
- 1 Cup Roasted Peanuts

Wash cucumbers, cut in half lengthwise and scoop out the seeds. Slice the cucumbers width-wise forming half-moons. Peel and julienne the red onion. Remove the stems from the cilantro and rough chop the leaves. Rough chop the peanuts. Add all of the above prepped items into a large stainless steel mixing bowl. Add some dressing and toss to combine, adding more dressing as desired. Garnish with chopped peanuts and cilantro.

Enjoy with a glass of Colorado wine such as Sweet Riesling from Guy Drew Vineyards in Cortez, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... **Colorado Spinach**