

# Cucumbers

## How to store:

- Wash cucumbers and dry them
- Store in the refrigerator for up to 2 weeks.
- Dispose if they show signs of spoilage sooner

## How to prep:

- Rinse before use
- Trim the ends and slice them into thin slices for salads or wraps
- You can also cut it in half and remove the seeds
- Avoid removing the skin to get more fiber!

## Add them to:

- Sandwiches & wraps
- Slice them for cold salads!
- Enjoy them as a tasty refreshing snack!
- Can be used in smoothies or juices

Cucumbers contain vitamin K, vitamin C, and potassium. These nutrients may help with overall heart health.

