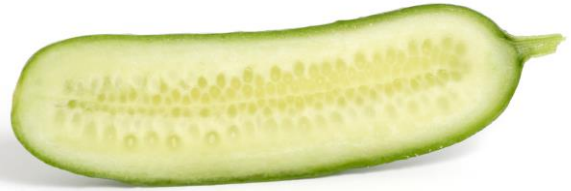


# Cucumber



Common questions about cucumbers involve consumption of their skin and their seeds. It is important to remember that the skins and seeds of cucumbers have higher nutrient density than the flesh. Conventionally grown cucumbers may be waxed with synthetic waxes that contain unwanted chemical contaminants and should be removed.

It is generally recommended to keep and consume the seeds, since they are an unusually rich source of nutrients. However, the seeds can easily be removed from a cucumber if it's cut lengthwise and the tip of a spoon is used to gently scoop out the seeds.

## Marinated Cucumbers, Onions, and Tomatoes

Serves 6-8

Prep Time: 15 minutes

Chill Time: 2 hours

### Ingredients

3 cucumbers, peeled & sliced ¼-inch thick

1 onion, sliced and separated into rings

3 tomatoes, cut into wedges

½ cup vinegar (White, red wine, apple cider)

¼ cup salad oil (olive, canola, grapeseed)

1 teaspoon chopped of fresh mint (optional)

¼ cup sugar

2 teaspoons salt

1 teaspoon black pepper

### Directions

1. Combine all ingredients in a large bowl.
2. Toss well to mix.
3. Refrigerate at least 2 hours before serving.