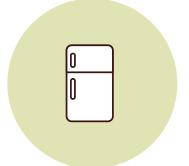
April's Harvest of the Month

CUCUMBER

Vitamin K









Store

Cucumbers can be stored in a plastic bag in the refrigerator. Do not wash before storing.

Use

November. Cucumbers are with smooth skins. Avoid best eaten raw and can be eaten peeled or unpeeled. Can eaten as a snack. added to salads, used in drinks, or be used to make pickles.

Pick

In season late April through Choose firm cucumbers cucumbers that have shriveled ends, cuts, or bruises.

Prepare

Rinse cucumbers well and scrub outer layer well before eating or using in recipes. Cut off both ends then slice as desired. The peel and seeds are edible.

Turkey and Cucumber Sandwich

Makes 4 servings

Ingredients

- · 4 slices whole wheat bread
- · 4 slices enriched white bread
- 1/2 cup plain fat free yogurt
- 2 fresh dill sprigs (chopped)
- 1/2 cup cucumbers, chopped
- 1/4 cup onion, chopped
- 1/8 teaspoon black pepper
- 8 ounces turkey breast, thinly sliced (or you can use fat free, low-sodium deli turkey)
- Additional cucumber slices, as desired
- 1/8 teaspoon salt (optional)

Directions

- 1. Mix the yogurt, dill, onion, pepper and chopped cucumbers.
- 2. Divide the yogurt/cucumber mixture on all 8 slices of bread.
- 3. Top the whole wheat bread with turkey and cucumber slices.
- 4. Cover with the white bread slices.



April's Harvest of the Month

APRICOTS

Fiber - Potassium - Vitamin A- Vitamin C



Store

Store apricots in the refrigerator and use within a few days. Ripen apricots in a brown paper bag at room temperature.



Use

In season in May and June. Eat apricots raw as a snack. Apricots can be grilled, blended, or baked



Pick

Choose plump, firm, sweet-smelling apricots. Ripe apricots are orange and yield slightly to pressure.



Prepare

Wash apricots before eating. To remove the pit, slice around the "seam," twist in half and lift the pit out.

Apricot & Lemon Chicken

Ingredients

- 4 chicken breasts, boneless & skinless (medium)
- 1 teaspoon cumin
- 5 tablespoons apricot spread (about 1/3 cup)
- 1 fresh lemon, juiced
- 2 tablespoons water

Directions

- 1. Rub cumin over chicken and place in skillet.
- 2. Cook on medium-high for 6 minutes on each side, or until cooked through. Remove from pan and keep warm.
- 3. Add apricot spread, lemon juice, and water to skillet. On medium heat, stir until smooth.
- 4. Spoon sauce over chicken and serve warm.

