

# 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

In season late April through November. Cucumbers are 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

Choose firm cucumbers with smooth skins. Avoid 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.

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# 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.