

Cucumbers

Cucumber Salad

4 small cucumbers, sliced thin
¼ teaspoon salt
½ cup sour cream
1 tablespoon white vinegar
¼ teaspoon pepper
1 small red onion, thinly sliced

Whisk together sour cream, vinegar, pepper, and salt in large bowl. Add cucumbers and onion and toss until cucumbers are all coated in dressing.

Cucumber and Tuna Sandwiches

1 can 5 oz can tuna, drained
2 cucumber, thinly sliced lengthwise
2 tablespoon light ranch dressing
4 slices whole wheat bread

Combine tuna and ranch dressing, mixing together well. Next, on 4 slices of bread, layer 2 slices cucumber, ¼ tuna mix, then 2 more slices cucumber. Top with other 4 slices of bread.

Cucumber boats

2 cucumbers cut in half lengthwise and seeded
1 cup chicken salad
½ cup raisins

Mix chicken salad and raisins

Stuff 2 tablespoons of the chicken salad mixture into each cucumber half.