



Cucumber Salad

By Erin Fletter

Prep Time 7 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

massage: to rub or knead a food to tenderize (e.g., raw beef) or one food into another to infuse flavors (e.g., mint leaves into sugar or oil and salt into kale leaves); or to rub a scrub or other substance into your skin, hair, or muscles.

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- Cutting board
- Kid-safe knife
- Medium bowl
- Measuring spoons

Ingredients

Cucumber Salad

- 2 cucumbers
- 2 T soy sauce ******(for GLUTEN/SOY ALLERGY sub coconut aminos)******
- 1 T vegetable oil ******
- 1 T brown sugar, granulated sugar, or honey ******

Food Allergen Substitutions

Cucumber Salad

Gluten/Soy: Substitute coconut aminos for soy sauce.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Sugar: For 1 T brown sugar, granulated sugar, or honey, substitute 1 T monk fruit sweetener blended with erythritol.

Instructions

Cucumber Salad

slice + whisk

Have your kids slice or chop **2 cucumbers**. Then, whisk **2 tablespoons soy sauce, 1 tablespoon vegetable oil**, and **1 tablespoon honey or sugar** in a medium bowl to make the dressing.

toss + marinate

Add the sliced cucumbers and have your kids toss them in the dressing. Let the salad sit and marinate for 10 to 30 minutes. A marinade is a liquid or sauce made to soak foods in to absorb flavor. Marinades usually include an acid like vinegar, lemon juice, or lime juice to help soften the food you are soaking. This process is called "marination" or "to marinate."

Featured Ingredient: Cucumber!

Hi! I'm Cucumber!

"I'm as cool as a cucumber. Actually, I am a cucumber! I have a thick, dark green peel; I am longer than I am wide; and I am a fruit that's often used as a veggie! There are three types of cucumbers: slicing, pickling, and burpless. The slicing and burpless varieties, with or without their peels, are tasty and refreshing sliced, chopped, or minced in salads, sandwiches, salsa, sauces, appetizers, and smoothies or other drinks. The pickling cucumber eventually becomes a pickle (after its pickling spa treatment)!"

History & Etymology

Cucumbers are one of the oldest known cultivated vegetables. They have been grown for at least 3,000 years and are believed to have originated in India.

The early Greeks or Romans may have introduced cucumbers to Europe. Records indicate that the French cultivated them in the 9th century and the English in the 14th century. Then Spanish explorers brought cucumbers to the Americas in the 16th century.

Pickled cucumbers, or pickles, may have been produced first by workers building the Great Wall of China or

by people in Mesopotamia's Tigris Valley.

A 1630 book called "New England's Plantation" by Francis Higginson, describing plants grown in a garden on Conant's Island in Boston Harbor, mentions "cowcumbers." The cucumber may have been dubbed cowcumber due to thinking at that time that uncooked vegetables were fit only for cows.

The word "cucumber" comes from late Middle English, from the Old French "cocombre," from the Latin "cucumis."

Anatomy

The cucumber is a creeping vine plant that is part of the Cucurbitaceae or gourd family. Other members are melon, squash, pumpkin, and watermelon. Cucumbers grow on a vine, often in sandy soil. Sandy soil warms faster in the spring, giving cucumbers a more favorable growing environment.

Cucumber length varies. Slicers are 6 to 8 inches, burpless 8 to 10 inches, and picklers are 3 to 5 inches long.

Cucumbers have a mild melon flavor. Slicing cucumbers will have seeds in their flesh, preferably small, soft seeds. Burpless cucumbers are slightly sweeter with a more tender skin and are easier to digest. They may also have no or very few seeds.

"Cool as a cucumber" isn't just a catchy phrase. A cucumber's inner temperature can be 10 to 20 degrees cooler than the outside air. This is because it consists mainly of water, which also applies to watermelons, and it takes more energy to heat the water inside the cucumber than the air around it. No wonder these are such summertime favorites! However, we don't say "as cool as a watermelon," so how did this expression become part of our vocabulary? It may have come from a poem in John Gay's Poems, New Song on New Similes from 1732.

How to Pick, Buy, & Eat

Cucumbers are ready to be harvested 50 to 70 days after planting. They are ripe when they are firm and bright or dark green. Slicing cucumbers will be six to eight inches long. Avoid leaving them on the vine too long, or their taste may become bitter and their rind tougher.

At the store, look for firm cucumbers without blemishes, wrinkles, or soft spots. Organic cucumbers are the best choice to avoid pesticide residue, if available. In addition, washing them reduces the amount of residue and pathogens.

If you don't eat your fresh, uncut cucumbers immediately, store them in your refrigerator crisper drawer in a plastic bag for up to three days if unwaxed and up to a week if waxed.

You can eat slicing and burpless cucumbers by themselves, slice or chop them into salads, or blend them into sauces and smoothies.

Pickling cucumbers are pickled whole or sliced in brine, sugar, vinegar, and spices. There are several kinds of pickles, such as sweet, bread-and-butter, gherkin, and kosher dill.

Nutrition

Cucumbers are 96 percent water, have very little fat, and are low in calories.

Cucumbers contain small amounts of the vitamins you need every day and 16 percent of the daily value of vitamin K, which helps with blood clotting.