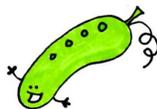


MARINATED CUCUMBER SALAD

Serves 2-4



Ingredients:

- 1 English cucumber
- 1/4 sweet onion
- 1/4 cup rice vinegar
- 1 tablespoon toasted sesame seeds
- 1 tablespoon minced fresh dill
- 1 teaspoon sugar
- Big pinch of salt



Instructions:

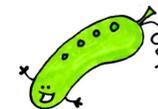
1. Wash hands and cucumber 🥕
2. Thinly slice the cucumber and onion and place in a big bowl
3. Add the rice vinegar, sesame seeds, dill, sugar, and salt to the cucumber mixture and stir 🥕
4. Marinate in the refrigerator for at least 1 hour 🥕

🥕 = kid-friendly step



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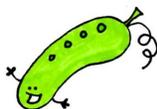
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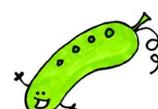
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WHY CUCUMBERS?

- 6 Cucumbers are 95% water so they help keep you hydrated on a hot sunny day.
- 6 The skin on a cucumber is high in vitamin C.
- 6 Vitamin C is great for your immunity and wards off various cancers and heart disease.
- 6 If you have a bad sunburn, rub sliced cucumber on your burn– it has anti-inflammatory properties so it will soothe your skin.

The Minnesota Farmers Market Association (MFMA) provides services, programs and leadership that support and promote farmers' markets across Minnesota.

For more information:
www.mfma.org



Budding Farmers is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit:
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