

# CUCUMBER RELISH

Makes 12 Servings

## Ingredients

1½ cups tomato, chopped  
4 cucumbers, seeded and  
chopped  
½ cup chopped green pepper  
½ cup chopped red onion

1 tablespoon sugar  
½ teaspoon salt  
¼ tablespoon ground black  
pepper  
¼ cup low fat mayonnaise

## Directions

1. In a large bowl, stir together the tomato, cucumber, green pepper, onion, sugar, salt, pepper and mayonnaise
2. Serve immediately or refrigerate.

**Nutrition Facts:** Serving size ½ cup, Calories 28, Total Fat 1g, Sodium 125mg, Total Carbohydrate 4g, Dietary Fiber 1g, Protein 1g



## What to look for

- Firm cucumbers that do not feel soft when applying light pressure. Avoid those with soft spots, cuts and bruises.
- A blossom end that shows no signs of shriveling.
- Deep color for the variety of cucumber. Puffy, yellow cucumbers can mean they are over mature.

## How to store

- Place in the coolest spot in the room. This is the preferred method.
- Or, store in the refrigerator on a shelf toward the front, which tends to be warmer than other parts of the refrigerator. Cold temperatures can damage cucumbers.
- Store in plastic bags with holes for good air circulation.
- Eat within a week.



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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.