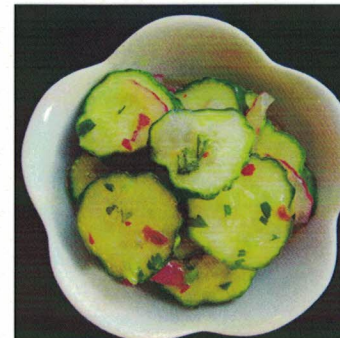


Sweet and Spicy Cucumbers

Ingredients

- 3 cucumbers, thinly sliced
- 1/2 red onion, chopped
- 1/2 cup red wine vinegar
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper flakes

Serves 6

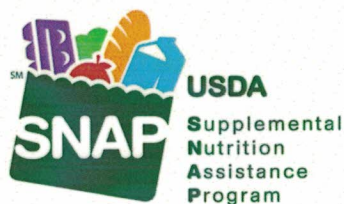


PROJECT P.E.A.C.H.
People Eating and Cooking Healthy

Directions:

1. Combine the cucumbers and red onion in a large bowl.
2. In a small bowl, stir together 1/2 cup water, vinegar, sugar, salt and red pepper flakes.
3. Pour dressing on cucumbers and stir.
4. Serve chilled and enjoy!
5. Refrigerate leftovers.

Recipe Source: Just Say Yes



Funded in part by the Pennsylvania (PA) Department of Public Welfare (DPW) through PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DPW's toll-free Helpline at 800-692-7462 or 215-430-0556.

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