

## Strawberry Cucumber Salsa

(serves 18, 2 Tbsp per serving)

Salsa recipes are a great way to add more fruits and veggies to your daily meals.

### Ingredients

1 cup diced fresh strawberries  
1 cup diced fresh cucumber  
1/2 cup finely diced red onion  
1/2 jalapeño pepper, finely chopped (remove ribs and seeds for less heat)  
1/4 cup fresh mint, rinsed and chopped  
1 Tbsp lime juice  
1/4 tsp salt  
1/8 tsp ground black pepper



### Directions

1. Wash hands with soap and water.
2. Gently rub produce under cool running water before cutting.
3. Combine strawberries, cucumber, onion, pepper, and mint in a bowl. Toss with lime juice.
4. Add salt and pepper and stir. Serve with tortilla chips or crackers.
5. Cover and refrigerate leftover salsa. Eat leftovers within 4 days.

**Tip:** Cut ingredients into large pieces for a chunkier salsa, or cut ingredients smaller for a smoother salsa.

**Nutrition Facts per serving:** 5 calories, 0g fat, 35mg sodium, 1g carbohydrate, 0g fiber, 0g protein

Recipe from Eat.Move.Save. through Illinois Extension.

## Refrigerator Pickle Chips

(serves 16)

Use a crinkle-cut vegetable cutter for a wavy shape to the pickle chips.

### Ingredients

2 large cucumbers  
1 tsp mustard seeds  
1 tsp celery seeds  
4-8 sprigs of fresh dill  
4 cloves garlic, sliced

### Brine

2 cups white vinegar, 5% acidity  
2 cups water  
2 Tbsp canning or pickling salt  
1 Tbsp granulated sugar

### Directions

1. Clean 4 wide-mouth mason jars and their lids and rings with warm, soapy water. Set aside.
2. Wash hands with soap and water. Gently rub cucumbers and dill under cool running water. Set aside.
3. Slice cucumbers using mandolin or knife. Cucumber slices should be around 1/8-inch thick.
4. Add half of cucumber slices to jars, dividing evenly between each jar.. Add mustard seeds, celery seeds, dill, and garlic evenly between jars. Top with remaining cucumber slices. Set aside.
5. Add all brine ingredients to a medium saucepan over medium-high heat. Bring to a boil, and boil 2 minutes. Turn off heat.
6. Using a ladle or spouted measuring cup, pour brine evenly over jars. Liquid should be 1/2-inch from the top.
7. Cover jars with lid and rings. Write today's date on jars. Refrigerate 1-2 days before eating, and eat within 2 weeks.



Recipe from Illinois Extension program *CSA Insider*, 2018.

## Tabbouleh Salad

(serves 8)

Tart lemon and fresh herbs add great flavor to this grain salad.

### Ingredients

2 cups low sodium vegetable broth or stock  
2 cups bulgur wheat or quinoa (Tip)  
5 tomatoes  
1 cucumber  
4 green onions  
2 bunches fresh parsley  
1/2 cup fresh mint leaves

### Dressing

1/2 cup olive oil  
2 lemons, juiced and zested  
2 tablespoons minced garlic

### Directions

1. Wash hands with soap and warm water.
2. Add stock to a medium saucepan and bring to a boil. Turn off heat and add the bulgur. Cover with a lid, and let sit for 30 minutes to an hour.
3. Drain bulgur, pressing with spoon to remove any excess water. Add cooked bulgur to a large bowl. Set aside.
4. Wash tomatoes, onions, parsley, mint, and lemons under cool water. Pat dry with a clean cloth or clean paper towel to remove excess water.
5. Dice tomatoes, removing seeds. Dice cucumber. Dice green onions, including both the white and greens parts. Remove stems from parsley and mint, and finely chop leaves.
6. In a small bowl, whisk together dressing ingredients.
7. Add diced vegetables and dressing to bowl with cooked bulgur. Mix well.
8. Cover bowl and let stand at room temperature for at least 30 minutes before serving. Or cover and refrigerate for up to 4 days.

**Tip:** Substitute quinoa for the bulgur. Cook quinoa according to package directions.

**Nutrition Facts per serving:** 280 calories, 14g fat, 55mg sodium, 35g carbohydrate, 7g fiber, 6g protein

Recipe from Illinois Extension program *Cultivating Your Blue Zone*, 2021

