

# Featured Vegetable

## ***CUCUMBER***

Cucumbers are full of antioxidants, vitamin C, and vitamin K. They are also great for hydration and digestive health!



## Grain Salad with Cucumbers

Ingredients	Directions
<ul style="list-style-type: none"><li>● 2 cups farro (barley or quinoa also work!)</li><li>● 1/3 cup nuts/seeds (optional)</li><li>● 3 medium cucumbers, peeled and cut into 3/4 inch pieces</li><li>● 3 medium tomatoes sliced thinly</li><li>● 1 small red onion, diced</li><li>● Juice of 1 lemon</li><li>● 1/3 cup olive oil</li><li>● 2 Tbsp. red wine vinegar</li><li>● Salt and pepper to taste</li><li>● 2 cups torn basil leaves</li></ul>	<ul style="list-style-type: none"><li>● Wash hands, wash all produce</li><li>● Cook farro in heavy pot over medium heat until golden-brown, ~4 minutes</li><li>● Remove from heat, pour in cold water to cover grains by 1" and add handful of salt</li><li>● Bring water to boil, then reduce to simmer until tender, about 25-35 min.</li><li>● Drain farro and transfer to large bowl</li><li>● Add remainder of ingredients and combine.</li></ul>

