

Farmers Market Fun Family Recipes



Serving Size: 1 Appetizer

Yield: 16 Appetizers

Ingredients

- 2 cucumbers (preferably English variety)
- 1 cup mild salsa
- 1 cup sour cream
- 1 cup shredded shrimp or crab
- ½ cup tiny shrimp and dill for garnish

Instructions

1. Cut cucumbers into ½- to ¾-inch rounds.
2. With a melon baller, scoop out the middle without going all the way through, so you have a small cucumber “dish.”
3. Fill each with a mixture of mild salsa, sour cream, and shredded shrimp or crab.
4. Top with one tiny shrimp and a sprig of dill.
Be imaginative – experiment with other toppings.

– Over –





Nutrition information:

Calories: 32

Carbohydrate: 5 gm

Fiber: 0.5 gm

Fat: 0 gm

Protein: 2 gm

Cholesterol: 0 mg

Sodium: 158 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



Food Safety First

Store fruits and vegetables in the refrigerator above meat and other foods to prevent cross-contamination. Cross-contamination is the transfer of bacteria, viruses, molds, and fungi from one surface or food to another. This can cause foodborne illness.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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