

## EATING RIGHT IS BASIC

MAY



### SPRING INTO HEALTH

- Spring weather is the perfect reason to get yourself and your family active outside
- Examples of fun activities are:
  - Bike riding or rollerblading
  - Walking around the park or neighborhood
  - Starting a vegetable or flower garden
  - Playing basketball, soccer, hide and seek or tag
- Aim for 30-60 minutes of physical activity everyday for good health
- Remember to drink plenty of water before, during and after physical activity

### Cucumber Salad with Tomatoes

It is often hard to stay hydrated in warm weather. Did you know that you can also get water from the fruits and vegetables you eat? Cucumbers are 96% water and are also a good source of Vitamin K. So try this refreshing salad to quench your thirst.

**Yield:** 1/4 of recipe (4 servings)

**Preparation Time:** 15 minutes

**Cooking Time:** 10 minutes

#### Ingredients

- 2 cups diced cucumber
- 1 cup seeded and diced tomato
- 1/4 cup chopped sweet onion
- 2 cup couscous or brown rice, cooked
- 2 teaspoons chopped, dried or fresh dill weed
- 1/2 cup Italian salad dressing, low-fat

#### Preparation

1. Toss the cucumbers, tomatoes, onions, couscous (or rice), dill and salad dressing in a large bowl.
2. Chill for 1 hour before serving.

