Spice Mixes:\n

Spicy: \n

These are great just eaten from a bowl, or tossed onto soups. They make a great compliment to cream soups like cream of mushroom, or cream of chicken. Toss 1/2 pound of sliced cucumbers in: \n

1/4 tsp salt\n

1 tsp chili powder\n

1 tsp paprika\n

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Herb: \n

These are wonderful served alongside light meals like vegetable soups or grilled chicken or fish. \n Feel free to substitute your favorite herbs, such as dill and parsley, or basil and oregano. \n

1/4 tsp salt\n

1/4 tsp pepper (optional) \n

1 tsp dried thyme\n

1 tsp dried rosemary\n

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Sweet: \n

The lightness of cucumbers lends itself to a sweet flavor mix. These make nice snacks, and I think they’d be a great addition sprinkled over spicier dishes as a way to offset the heat, like a spicy goulash or bowl of hot chili: \n

1/2 tsp sugar\n

1 tsp cocoa powder\n

1 tsp cinnamon\n

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Instructions: \n

For all of the flavor combinations, dry ½ a pound of cucumbers.\n

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Slice the cucumbers thin with either a sharp knife or a food mandolin to about 1/8 of an inch thick. \n

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Toss your sliced cucumbers in your spice mix. \n

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Place your sliced, spiced cucumbers in a single layer in your food dehydrator or if using an over place on a rack over a cookie sheet. You will need to oil the rack because Cucumbers seem to stick more than other foods.\n

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Dry for several hours in the oven at 170F or the lowest setting of your oven, or however long your food dehydrator takes to dry foods. \n

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Eat as chips, or save to sprinkle over savory stews, salads, or toss into soups. \n

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