

# CUCUMBER-APPLE SALAD

Serving: 1/2 cup

## Vegetable and Fruit

Kids love cucumbers, so there are two cucumber salads in this book. Donna Miner, Food Service Manager at Chicopee High School, enjoyed the fresh flavor of this one, which includes apples. It was adapted from an NYC SchoolFood recipe, where it has been served to many school children.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
<i>Dressing:</i>			<ol style="list-style-type: none"> <li>1. Combine the dressing ingredients: oil, vinegar, honey, apple juice, salt and pepper in a bowl. (This can be done, covered and refrigerated up to a day ahead.)</li> <li>2. Wash the apples well, as you will be using the skins. Use an inexpensive, handheld apple sectioner to core and section the apples. (Or do this by hand.) Discard the core and halve the slices.</li> <li>3. Toss the apples with the lemon juice in a large bowl to prevent them from browning.</li> <li>4. Add the cucumbers, red pepper, red onion and dill, if you are using it.</li> <li>5. Add the dressing, then toss to thoroughly combine. Chill.</li> </ol> <p>CCP: Hold for cold service at 41°F or lower.</p>
Oil	2/3 cup	1-1/3 cup	
White vinegar	1/3 cup	2/3 cup	
*Honey	2 Tbsp	1/4 cup	
Apple juice	1/3 cup	2/3 cup	
Salt	1-3/4 tsp	2-1/2 tsp	
Pepper, black	3/4 tsp	1-1/2 tsp	
*Apples, unpeeled, preferably (with) red skins	2 lbs 4 oz (about 7 apples)	4 lbs 8 oz (about 14 apples)	
Lemon, juice only	1 lemon (or 3 Tbsp)	2 lemons (or 1/4 cup 1 Tbsp)	
*Cucumbers peeled and sliced into 1/4 inch slices.	8.5 lbs (about 12)	17 lbs (about 22)	
*Pepper, red bell, diced	3/4 lb ( 1-3/4 cups)	1-1/2 lbs (3-1/2 cups)	
*Onion, red, diced	3-4 oz (about 3/4 cup)	7 oz (about 1-1/2 cups)	
*Dill, chopped, optional	1/4 cup	1/2 cup	

\* MA farm products needed for recipe. For ordering, see page 19.

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### Preparation Tips:

- **Cucumbers:** Cucumbers can be partly peeled in stripes to cut down on labor and add a pretty look to the salad. Pickling (Kirby) cucumbers do not need to be peeled. They are also particularly tasty and firm. When using kirbys, weigh rather than count them, because they are smaller than standard cucumbers. (An alternative technique for cucumbers is to “pickle” them very lightly before dressing. Toss them very lightly in salt and drain in a perforated tray or colander in the walk-in for 20 minutes to 3 hours before dressing.)
- **Peppers:** *To dice*, cut in half, lengthwise. Remove top and seeds with hands. Cut half lengthwise. Then cut into strips lengthwise, turn and cut across into dice.
- **Onions:** *To dice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction then cut slices in the opposite direction. (For a smaller dice, try alternative method on page 16.)
- **Dill:** *For chopped dill*, wash and dry before chopping. Tear leaves from stems, and discard stems. To chop by hand, hold the knife point down and rotate across dill as you chop OR chop by quickly raising and lowering the knife onto the dill. If using a food processor, pulse JUST until chopped. Optional: wrap in towel to keep dry.

### NUTRITIONAL ANALYSIS PER SERVING

Calories	56	Vitamin A (IU)	283
Cholesterol (Mg)	0	Vitamin C (Mg)	17.04
Sodium (Mg)	85	Protein (G)	0.61
Fiber (G)	1.21	Carbohydrate (G)	7.08
Iron (Mg)	0.25	Total Fat (G)	3.17
Calcium (Mg)	13.51	Saturated Fat (G)	0.44