

# Fresh Cucumber and Tomato Dip

Number of Portions: 50

**HACCP Process:** #1 No Cook

**One portion provides:** ½ cup vegetables (¼ cup red/orange, ¼ cup other)

**Portion Size:** ¼ cup cucumber slices + ¼ cup cherry tomatoes (4 each) + 2 tbsp dip

## Ingredients

Cucumber, sliced (with peel)	3 qt + ½ cup (6 – 7 cucumbers)
Cherry tomatoes	200 each (~8 lb)
Ranch dressing, light	1 qt + 2-¼ cups

## Instructions

1. Wash vegetables.
2. Cut cucumber into slices.
3. Serve ¼ cup cucumber slices and ¼ cup (4 each) cherry tomatoes with 2 tbsp ranch dressing on the side.

CCP: Hold all ingredients for cold service at 41°F or below.

## Nutrition Information

Calories	102 kcal	Iron	<1 mg	Protein	2 g	8% of kcal
Cholesterol	5 mg	Calcium	24 mg	Carbohydrates	9 g	35% of kcal
Sodium	290 mg	Vitamin A	627 IU	Total Fat	7 g	60% of kcal
Dietary Fiber	1 g	Vitamin C	19 mg	Saturated Fat	1 g	9% of kcal
				Trans Fat <sup>†</sup>	0 g	0% of kcal

<sup>†</sup>Nutrient totals computed with missing, incomplete, or optional data.