

Cool Cucumber Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

Yield: 50 Servings 100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Cucumbers, diced	4 ½ lbs.		9 lbs.	
Tomatoes, diced	6 lbs. 12 oz.		13 lbs. 8 oz.	
Red onion, diced	2 lbs. 12 oz.		5 lbs. 8 oz.	
Parsley, fresh, minced		1 pint (2 cups)		1 quart (4 cups)
Olive oil		¾ cup		1 ½ cups
Salt		1 ½ Tbsp.		3 Tbsp.
Lemon juice		¾ cup		1 ½ cups

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare vegetables as listed above.
2. Combine all ingredients until evenly mixed.
3. Store in cooler overnight or until meal service.

HACCP Critical Control Point: Hold at internal temperature of 40°F or below.

Serving Information

Portion ¾ cup Israeli salad to provide ¾ cup other vegetable.

OR

Portion ⅔ cup Israeli salad to provide ⅔ cup vegetable serving.

Nutrition Information per flatbread *From USDA Nutrient Database

Calories: 52 Total Fat: 3.5g Saturated Fat: 0.5g Monounsaturated Fat: 2.5g

Polyunsaturated Fat: 0.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 5g Fiber: 1g

Total Sugar: 2.5g Protein: 1g Sodium: 199mg Vitamin A: 31µg Vitamin C: 13mg Calcium: 17mg Iron: 0.4mg

Folate: 17µg

