



Cucumber and Apple Salad

A light and tangy salad with a crisp bite!

Adapted from: MA Farm to School, recipe credit Donna Miner, Chicopee High School.
USDA Meal Components: ¼ c other vegetable, ¼ c fruit, ⅛ cup orange/red vegetable.
Cooking and prep level: BASIC

Ingredients

11 lbs Cucumbers, pared in lengthwise stripes, sliced in ¼ inch half rounds
8 lbs Apples, fresh, red, unpeeled and rough chopped
5 lbs 2 oz Bell Pepper, red, diced
8 oz Onion, fresh, red, diced
½ cup Dill, fresh, chopped
½ cup Lemon Juice, fresh

DRESSING

⅔ cup Vinegar, white
1⅓ cup Canola Oil
¼ cup Honey, pure
⅔ cup Apple Juice, fresh
1½ Tbsps. Black Pepper
2½ tsp Salt



Instructions

1. Place cut apples in lemon juice and toss well to prevent browning. Set aside.
2. Whisk dressing ingredients together to incorporate: Oil, vinegar, honey, apple juice and salt and pepper. Taste and adjust if needed.
3. Combine cucumber slices, apple chunks, diced red pepper and onion in a large bowl or tote. Add fresh dill to the veggie mix.
4. Whisk dressing to be sure it is well blended. Toss dressing into veggie apple mix to incorporate.
5. CCP: chill to 41* F within two hours.
6. Serve with a #6 scoop.

Nutrition Information

SERVING SIZE: 5.68 OZ CALORIES: 71 FAT: 3.2 G SATURATED FAT: .5 G TRANS
FAT: 0 CARBOHYDRATES: 11.1 G SUGAR: 7.4 G SODIUM: 120 MG FIBER: 1.8
G PROTEIN: 1 G CHOLESTEROL: 0