

# Salem Public Schools

Page 401

Recipe Master List

Apr 26, 2011

## 000014 - CUCUMBER APPLE SALAD

Source: Farm to School  
Number of Portions: 50  
Size of Portion: 1/2 Cup

Meat/Alt 0 oz.  
Grain/Bread 0 SRV.  
FV/J 0 Cup  
Milk 0 FLOZ

004582 VEGETABLE OIL,CANOLA.....	2/3 CUP	Combine the dressing ingredients: oil, vinegar, honey, apple juice, salt, and pepper in a bowl. (This can be done ahead, covered, and refrigerated up to a day in advance.)
002053 VINEGAR,DISTILLED.....	1 CUP	
019296 HONEY.....	2 TBSP	
009018 APPLE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O....	1/3 CUP	
002047 SALT, TABLE.....	1 3/4 TSP	
002030 PEPPER,BLACK.....	3/4 TSP	
009003 APPLES,RAW,WITH SKIN.....	2 3/8 LB	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.
009152 LEMON JUICE,RAW.....	3 TBSP	Toss the apples with the lemon juice in a large bowl to prevent them from browning.
011206 CUCUMBER,PEELED,RAW.....	8 1/2 LB	Add the cucumbers, red pepper, red onion, and dill, if you are using it.
011821 PEPPERS,SWEET,RED,RAW.....	1 3/4 CUP, chopped	
090088 ONIONS,RED,RAW.....	3/4 CUP, chopped	
002045 DILL WEED,FRSH.....	1/4 CUP, sprigs	
		Add the dressing and toss thoroughly to combine. Chill. Hold for cold service at 41 degrees or lower.

Calories	53	Iron	0.25 mg	Protein	0.60 g	4.52%	Cals from Prot
Cholesterol	0 mg	Calcium	14 mg	Carbohydrates	6.20 g	46.44%	Cals from Carb
Sodium	85 mg	Vitamin A	234 IU	Total Fat	3.09 g	52.10%	Cals from T Fat
Dietary Fiber	1.23 g	Vitamin A	37 RE	Saturated Fat	0.23 g	3.94%	Cals from S Fat
		Vitamin C	10.8 mg	Trans Fat	0.01* g	0.19%	Cals from Trans Fat

\* - Denotes Missing Nutrient Values

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.