

# APPLE CUCUMBER SALAD

Naugatuck Public Schools - 2018

Grades: K-12

Yield: 50 portions

INGREDIENTS	50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	
Olive oil		2/3 cup	<ol style="list-style-type: none"> <li>Sanitize work area with bleach &amp; water solution.</li> <li>Wash hands.</li> <li>Put on food service gloves.</li> </ol> <p><b>Cooking Method:</b></p> <ol style="list-style-type: none"> <li>Combine dressing ingredients: vinegar, honey, apple juice, salt, pepper in a bowl.</li> <li>Wash the apples and section the apples using a wedger.</li> <li>Discard the core and cut the slices in half again.</li> <li>Toss the apples with lemon juice in a large bowl.</li> <li>Add cucumbers, red peppers, onion and dill.</li> <li>Add the dressing then toss. Chill to below 40°F</li> </ol>
White vinegar		1/3 cup	
Honey		2 Tbsp	
Apple juice		1/3 cup	
Salt		1 ¾ tsp	
Black pepper		¾ tsp	
Apples, unpeeled	2 lb		
Lemon juice		3 Tbsp	
Cucumbers, peeled , sliced	8 ½ lb		
Red bell pepper, diced	¾ lb		
Red onion, diced		¾ cup	
Dill, fresh, chopped		¼ cup	
<p><b>Serving Size:</b> ⅝ cup (½ cup vegetables plus ⅛ cup fruit)</p> <p><b>Meal Pattern Contribution:</b>            ½ cup Other Vegetable (all vegetables included); ⅛ cup fruit</p>			<p><b>HACCP / Serving Instructions:</b></p> <ol style="list-style-type: none"> <li>Hold at 40°F or lower throughout serving. Check temperature again during serving. If above 40°F, remove from line and chill to 40°F or lower.</li> </ol>

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

