

Cucumber and Apple Salad

Author: Adapted from: MA Farm to School, recipe credit Donna Miner, Chicopee High School.

Recipe type: Cold vegetable and fruit salad. HACCP Process: 1

Cuisine: A light and tangy salad perfect for hot summer feeding days!

Prep time: 75 mins Total time: 1 hour 15 mins

Serves: 100

USDA Meal Components: ¼ c other vegetable, ¼ c fruit, ⅛ cup orange/red vegetable.

This is July school recipe for cucumbers.

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
- 1½ cup Canola Oil
- ¼ cup Honey, pure
- ⅔ cup Apple Juice, fresh
- 1½ Tbsp 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.

Notes

The History of the Cucumber:

The cucumber is believed native to India, and evidence indicates that it has been cultivated in western Asia for 3,000 years. From India it spread to Greece and Italy, where the Romans were especially fond of the crop, and later into China.

Varieties of Slicing Cucumbers:

The **Japanese cucumber** is slender, thin-skinned, void of developed seeds, never bitter and entirely edible. The average harvested length is about four inches, while the cucumber is still young. Its skin is forest green and smooth with longitudinal grooves.

Persian cucumbers have qualities that set them apart from the common garden cucumber in three ways: their skin is smooth and thin, flesh is very crisp, sweet and they are void of developed seeds. Persian cucumber measures 4 to 6 inches in length, as this is the size when it is at its peak of sweetness.

Lemon cucumbers are about the size of a lemon, with pale lemony skin that turns golden-yellow as the cucumber matures. This cucumber has a very delicate, sweet flavor and crisp texture.

Hothouse (English) cucumbers originated in Europe, so they're sometimes called European or English cucumbers. They tend to be thin, smooth-skinned, and 1 to 2 feet in length. The majority are also seedless, or nearly so.

Armenian (snake melon, snake cucumbers) are extra-long, twisted cucumbers with thin, dark green skin that's marked with paler green longitudinal furrows. As it ripens, the fruit turns yellow and releases an aroma not unlike its relative the muskmelon. This slicing cucumber is mild in flavor.

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

Recipe by Illinois Harvest of the Month at <http://harvestillinois.org/?p=1731>