

COOL AND SPICY CUCUMBER SALAD

This refreshing salad is a great combination of cool, crisp vegetables and a spicy, lemony juice. A great side for a warm day.

ONE PORTION PROVIDES:
1/2 cup vegetable



INGREDIENTS	100 SERVINGS	DIRECTIONS
Tomatoes, fresh, 1/4-inch diced	5 1/4 pounds	1. Place the tomatoes, red pepper flakes, green onions, cilantro and lemon juice in a large bowl. Mix well.
Pepper, red, crushed, flakes, spices	3 tablespoons, 1 teaspoon	
Green onions, spring or scallions (includes tops and bulb), raw, sliced thinly	1 pound, 14 ounces	
Cilantro, finely chopped	3/4 cup	
Lemon juice from concentrate, bottled	1 pound, 9 ounces	
Cucumbers, 1/4-inch sliced (do not peel)	12 pounds	2. Add the cucumber slices and fold into the mixture. 3. Transfer into an appropriate bowl. Cover. CCP-Hold refrigerated at internal temperature of 40°F. or below for service.

SERVING NOTES:

Serving size	1/2 Cup	Yield, weight	18 Pounds, 2 2/3 Ounces
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	14	Total Fat (gm)	0	Vitamin A (IU)	501	Iron (mg)	0.5
Protein (gm)	0.5	Saturated Fat (gm)	0	Vitamin C (mg)	5.5	Sodium (mg)	44
Carbohydrate (gm)	3	Cholesterol (mg)	0	Calcium (mg)	34	Dietary Fiber (gm)	1.5