

Cucumber Dill Salad with Creamy Italian Dressing

Serving: ½ cup

Ingredients	50 servings	100 servings
Cucumbers	11 pounds (17 cucumbers)	22 pounds (34 cucumbers)
Creamy Italian dressing*	2 cups	1 quart
Fresh dill, chopped	1¼ cups	2½ cups

Directions

1. Peel cucumbers and slice in half lengthwise. Then, with flat side down, cut each half into 2 to 4 strips — depending on size of cucumber. Dice.
2. Mix the cucumbers, dressing and dill in hotel pans.
3. Serve the salad the same day it is made.
 - CCP: Hold for cold service at 41 degrees F or lower.
 - Portion using a No. 8 disher (½ cup).

Variation: Add garlic powder, onion powder or ground black pepper to taste.

*This is available commercially or can be made using recipes available online.

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Serving: 1 portion provides ½ cup vegetables

Nutritional Analysis per serving	
Calories (kcal)	45
Cholesterol (mg)	1.8
Sodium (mg)	54.6
Dietary fiber (g)	0.7
Iron (mg)	0.3
Calcium (mg)	16.3
Vitamin A (IU)	106.2
Vitamin C (mg)	3.7
Protein (g)	0.7
Carbohydrate (g)	4
Total fat (g)	3.1
Saturated fat (g)	0.4

Preparation tips:

Cucumber: For a different variety, Kirby (pickling) cucumbers are particularly tasty and firm. They also do not have to be peeled. When using Kirbys, weigh rather than count them, because they are smaller than standard cucumbers.

Dill: For chopped dill, wash and dry before chopping. Tear leaves from stems and discard stems. To chop by hand, hold the knife point down and rotate across dill as you chop, or chop by quickly by raising and lowering the knife onto the dill. If using a food processor, pulse just until chopped, scraping down bowl, if necessary.