

Cucumber Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh cucumbers, peeled, seeded	1 lb 10 oz		3 lb 4 oz		1. Grate cucumbers using a food processor or a grater. Place grated cucumbers in colander, and press to remove juice.
*Fresh onions, minced	2 oz	⅓ cup	4 oz	⅓ cup	2. In a separate bowl, mix together the rest of the ingredients.
Reduced calorie salad dressing	8 oz	1 cup	1 lb	2 cups	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	8 oz	1 cup	1 lb	2 cups	
White vinegar		2 Tbsp 1 tsp		¼ cup 2 tsp	
Lowfat plain yogurt	1 lb	2 cups	2 lb	1 qt	
Dried parsley		2 Tbsp		¼ cup	
Salt		¼ tsp		½ tsp	
Ground black or white pepper		¼ tsp		½ tsp	
					3. Fold cucumbers into mixture.
					4. Chill at least 2 hours before serving.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Cucumbers	2 lb 1 oz	4 lb 2 oz
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	50 Servings: about 3 lb 2 oz	50 Servings: about 1 quart 2 ½ cups

100 Servings: about 6 lb 4 oz

100 Servings: about 3 quarts 1 cup

Tested 2004

Cucumber Sauce

Special Tips:
1) For a quick Cucumber Sauce, add 1 lb 10 oz grated cucumbers to 3 cups of Ranch Dressing (E-19) for 50 servings. For 100 servings, add 3 lb 4 oz grated cucumbers to 1 qt 2 cups of Ranch Dressing.

2) For best results, to develop flavor, prepare the night before.

Nutrients Per Serving					
Calories	20	Saturated Fat	0.24 g	Iron	0.12 mg
Protein	0.62 g	Cholesterol	2 mg	Calcium	20 mg
Carbohydrate	2.19 g	Vitamin A	31 IU	Sodium	58 mg
Total Fat	1.03 g	Vitamin C	0.6 mg	Dietary Fiber	0.2 g