

## Garden Cucumber Salad



Recipe Rating	
Total Time	20 Minutes
Cooking Time	None
Total Labour	20 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spoon/Spatula
Mixing Bowl or Pan

Nutrition Facts	
Valeur nutritive	
Per 1 serv (92g) / par 1 serv (92g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>35</b>
<b>Fat / Lipides</b> 1.5g	<b>2%</b>
Saturated / satures 1g	
+ Trans / trans	
<b>Cholesterol / Cholesterol</b>	<b>5mg</b>
<b>Sodium / Sodium</b> 80mg	<b>3%</b>
<b>Carbohydrate / Glucides</b> 4g	<b>1%</b>
Fibre / Fibres 1g	4%
Sugars / Sucres 2g	
<b>Protein / Proteines</b>	<b>2g</b>
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	8%
Calcium / Calcium	4%
Iron / Fer	2%

# Garden Cucumber Salad

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Cucumber, English, Fresh, Diced	1.87 Kg	4.1 Lbs	3.74 Kg	8.2 Lbs
Chickpeas, Canned	100 gm	3.5 oz	200 gm	7 oz
Green Peas	100 gm	3.5 oz	200 gm	7 oz
Feta Cheese, Crumbled	150 gm	5.3 oz	300 gm	10.6 oz
Mint Leaves, Fresh, fine sliced	20 gm	0.7 oz	40 gm	1.4 oz
Orange Segments, Fresh	60 gm	2.1 oz	120 gm	4.2 oz

## Method



1. Wash, peel and trim cucumber. Drain chickpeas. Wash and trim green peas. Wash and slice mint leaves finely. Cut orange segments.

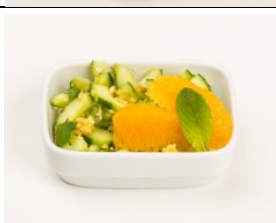


2. In a large bowl, combine all ingredients except for orange segments and chickpeas.

3. Combine all ingredients and mix gently (so that oranges and chickpeas are not crushed).



Serve Cold.



4. **Bulk:** Portion into service dishes or leave in bulk for dining room service.

**Cold Plating:** plate alone or as a side dish. Place on the cold side of the tray prior to service.

Garnish: **n/a**

Food Accompany: **Any appropriate entrée**